

352 Fitness - Gainesville

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352 Fitness - Gainesville

Experience the Best at 352 Fitness: A Wheelchair-Accessible CrossFit Gem in Gainesville, Florida

If you're looking for a fitness program that not only prioritizes health but also ****accessibility****, look no further than 352 Fitness and Nutrition in Gainesville, Florida. This CrossFit gym has established itself as a welcoming environment where everyone can thrive, regardless of their fitness level or physical condition.

Accessibility for All

At 352 Fitness, the commitment to accessibility is evident from the moment you arrive. The ****wheelchair-accessible entrance**** ensures that all members can enter the facility with ease. This thoughtful design reflects the gym's dedication to creating an inclusive atmosphere, allowing everyone to participate fully in their fitness journey. Additionally, the ****wheelchair-accessible car park**** provides convenient parking options, making it easier for those with mobility challenges to access the gym's facilities. This focus on accessibility ensures that nobody has to feel left out when it comes to achieving their fitness goals.

A Community That Welcomes You

The atmosphere at 352 Fitness is nothing short of amazing. With numerous testimonials praising the sense of community, new members quickly discover that they are not just joining a gym, but a family. Many have expressed how welcomed they felt upon joining, emphasizing the supportive nature of both coaches and fellow gym-goers. One member mentioned, "I've never felt more comfortable in a gym than this one." With dedicated coaches who take the time to modify workouts based on individual needs, everyone from seasoned athletes to beginners finds their place here.

Expert Coaching Tailored to Your Needs

Coaches at 352 Fitness are passionate about helping members reach their goals safely and effectively. They specialize in scaling workouts to accommodate various fitness levels, ensuring that each participant can challenge themselves without risking injury. As emphasized by several members, the emphasis on quality over quantity in movements guarantees a safe and effective workout experience. For instance, one member highlighted that after seeing improvement in strength and flexibility over just a few sessions, they couldn't imagine going anywhere else. This personalized approach is one of the hallmarks of the coaching staff, making every workout feel unique and tailored.

Transformational Results and Lifelong Friendships

The results speak for themselves at 352 Fitness. Members have reported significant improvements in their fitness levels, as well as unexpected transformations in their overall well-being. From reversing pre-diabetes to gaining confidence in Olympic lifts, many individuals credit the gym for their personal success stories. In addition to physical improvements, the friendships formed within the gym create bonds that extend beyond workouts. One member noted, "These people are my family, and I treasure every day I work out with them." This sense of belonging motivates individuals to push themselves harder, turning fitness into a fun and engaging experience.

Join the 352 Fitness Family Today!

If you're in Gainesville and searching for a gym that prioritizes ****accessibility****, offers exceptional coaching, and fosters a sense of community, 352 Fitness and Nutrition is the place to be. With its wheelchair-accessible features and a reputation for inclusivity, you'll not only improve your health but also find a home where you can grow alongside a supportive family of fitness enthusiasts. Don't hesitate; come and experience the welcoming environment of 352 Fitness today!

We are found at

2441 NW 43rd St STE 5A, 32606 Gainesville, Florida - United States (US)

The phone number of the respective **Physical fitness program** is +1352-317-0965
And if you want to send a WhatsApp, you can do so at +1352-317-0965

We look forward to seeing you at:

Day Hours
Monday

9–11?AM

Tuesday

10?AM–12?PM

Wednesday

5:15–9?AM 12–1?PM 3–7:45?PM

Thursday

5:15?AM–9?PM

Friday

5:15–9?AM 12–1?PM 3–7:45?PM

Saturday

5:15?AM–9?PM

Sunday

5:15–9?AM 12–1?PM 3–7:45?PM

The website is 352 Fitness

If you wish to modify any information that you believe is incorrect regarding this portal, we ask send a message and we will handle it promptly. With anticipation thank you very much.

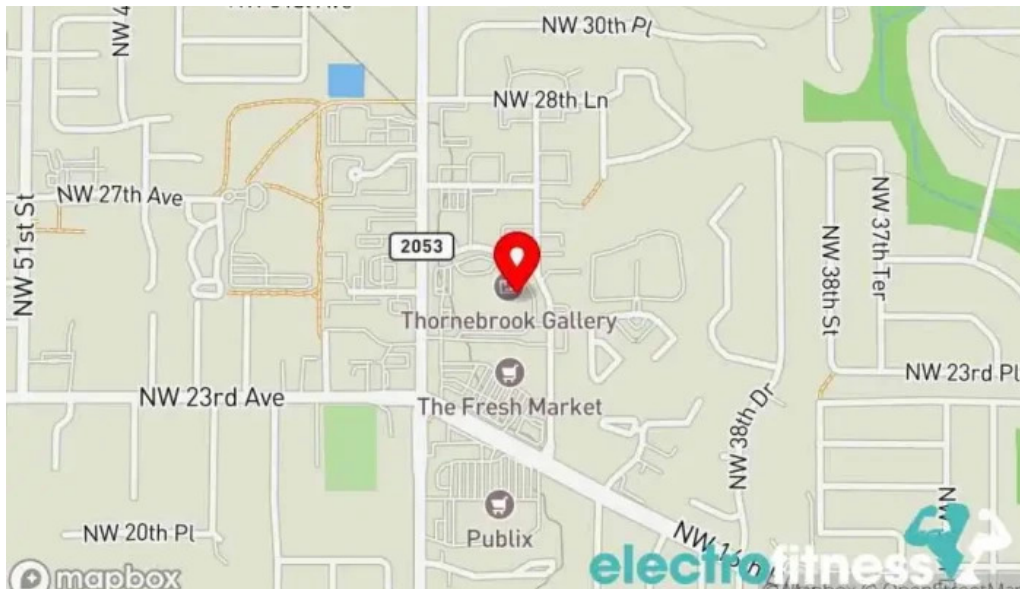
Images



352 fitness street view 360deg



352 fitness physical fitness program



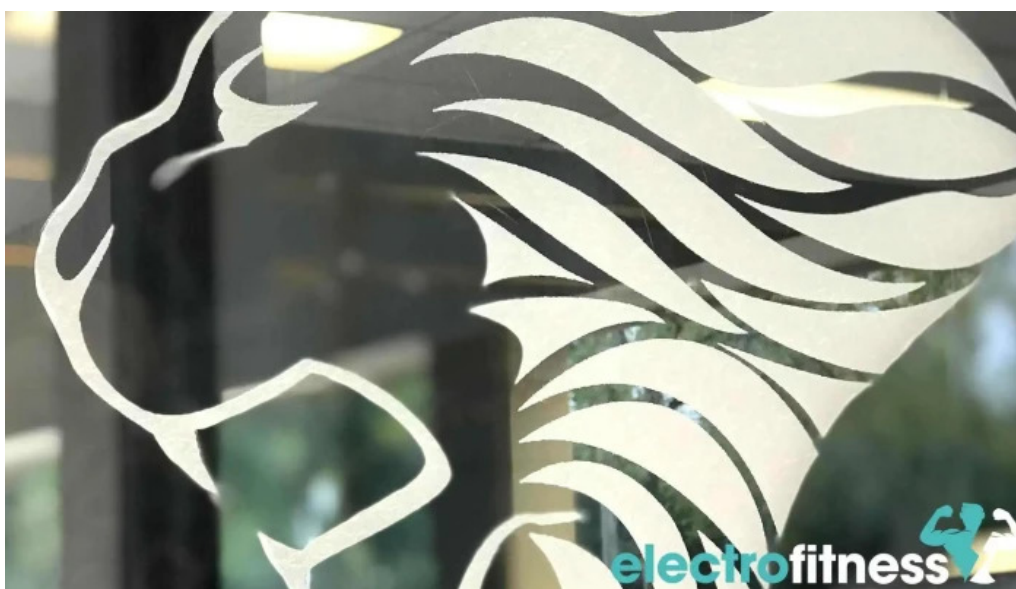
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Tags

Accessibility, Wheelchair-accessible car park, Wheelchair-accessible entrance

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