

## "Best Gyms in Fort Lauderdale"

Realizzata per : Cityseeker

📍 6 Posizioni indicati

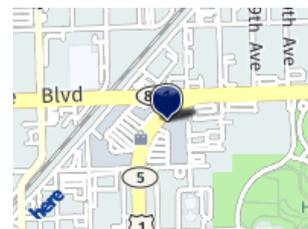


📷 by Gabriel Porras ©

### Upload Fitness

"Outstanding Gym"

Upload Fitness is a revolutionary and state-of-the-art fitness center that combines the benefits of a variety of styles of exercise to create classes and routines to suit everyone. Group classes include Pilates, strength training, yoga, and dance. Their cardio area is fully-equipped with a wide variety of machines and they also have a free weights section for those looking to pump iron. The staff and instructors are professional and extremely knowledgeable and the facilities are clean and very well-maintained.



☎ +1 954 617 6468

🌐 [Uploadfitness.com](http://Uploadfitness.com)

✉ [info@uploadfitness.com](mailto:info@uploadfitness.com)

📍 928 North Federal Highway, Fort Lauderdale FL



📷 by alantankenghoe ©

### Titan Gym

"Excellent Gym"

Titan Gym is a premier state-of-the-art gym that offers a wide variety of fitness classes and training to ensure you meet your fitness goals. Their spacious workout area includes a wide range of free weights and dumbbells, machines, cardio equipment, and everything else you could possibly need. They also have a large area for aerobics, pilates, spin, and other classes. The instructors and staff are friendly and very knowledgeable and the facilities are well-maintained.



☎ +1 954 566 2683

🌐 [www.titangymftl.com](http://www.titangymftl.com)

✉ [ladrachj@gmail.com](mailto:ladrachj@gmail.com)

📍 1440 North Federal Highway, Fort Lauderdale FL

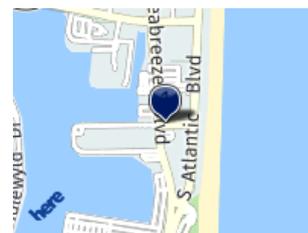


📷 by [www.metaphoricalplatypus.com](http://www.metaphoricalplatypus.com) ©

### The Gym at Fort Lauderdale Beach

"Fitness by the Sea"

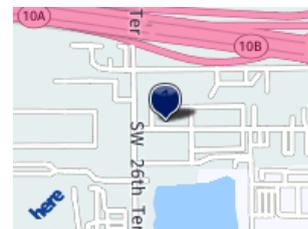
The Gym at Fort Lauderdale Beach is an ideal place to indulge in an early-morning fitness regime while basking in the sun. The gym is located on the rooftop of a building, where guests can workout while cocooned in sunlight and the sea breeze. Clients can use their indoor cardio and weight room. They offer group sessions, as well as private lessons. A smoothie bar, located on site, provides nutritious shakes and juices, that are a perfect refreshment after a strenuous workout.



☎ +1 954 533 6455

🌐 [theygmftl.com/](http://theygmftl.com/)

📍 3001 Southeast 5th Street, Fort Lauderdale FL



## Coral Cliffs

### "Sports & Fitness"

This indoor gym uses the rigors of rock climbing to build your fitness and stamina. The expansive center has top-notch indoor climbing walls with enough challenge for beginners as well as expert climbers. For those new to rock climbing, the center offers lessons with professional instructors. Besides this, the center also has a host of conventional gym equipment from weights to dumbbells. With an excellent variety of routes and courses, there's always something new to try at the gym. Check website for more.

+1 954 321 9898

[www.coralcliffs.com/](http://www.coralcliffs.com/)

[climb@coralcliffs.com](mailto:climb@coralcliffs.com)

3400 Southwest 26th Terrace, Suite A4, Fort Lauderdale FL

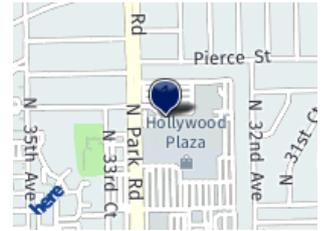


by jerryonlife ©

## Orangetheory Fitness

### "Stay Fitness & Fabulous"

Orangetheory Fitness is a great place for those looking to enhance their fitness regime or get a new one. Located minutes away from Downtown Hollywood, the gym offers varied classes for you to customize your workout plan. There are state-of-the-art machines for high intensity cardio training clubbed with a robust exercise plan that works towards building your strength and stamina. Diet plans for those working on their weight to fitness advice for athletes can be sought from the knowledgeable trainers who supervise all your sessions.



+1 954 591 8053

[hollywood.orangetheoryfitness.com/](http://hollywood.orangetheoryfitness.com/)

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