

Top 5 Miami Beach Gyms

Health is wealth. A healthy body harbors a healthy mind. In the hectic lifestyle of the modern era, maintaining a healthy body has become a necessity. Dedication and discipline are all that one needs to lead a healthy lifestyle.

In the past few years, the growing work pressure, irregular eating habits, and stress are seen taking a toll on the fitness and health of the citizens of Miami. The ever increasing demand for a physically fit body has given rise to some of the best fitness chains across the city. Revolutionizing the concept of gyming many offbeat fitness centres have been founded. One of them is the [Miami Beach Gym](#). There is a separate joy in burning the calories in a place that overlooks the beauty of the beach. In this post we have listed down some of the best beach gyms of Miami.



Best 5 South Beach Gym

Beaches are source of natural beauty and when it comes to gyming at the beach it becomes a new concept. So if you love the beach as much and we do and are in love the idea of beach gyms then this post is meant for you. Here is a list of the **Best Gym In Miami Beach**.

1. Anatomy

The picturesque location of this gym makes it the best training ground. **This South Beach Gym** is popular for its group fitness classes, personal training, mobility stretching and post workout recovery sanctuary. Anatomy offer affordable 24*7 membership plans along with providing personal training programs.

2. Rise Nation

If your tight on a schedule and need a quick gym session then Rise nation is your destination. This **Miami gym** is known for its 30 minute training classes which include high intensity climb and cardio workout. The climbing exercise taught in the classes is said to activate the muscle group of the body. Rise Nation offers services that get you dedicated towards your fitness regime.



3. Elev8tion

If your one of those people who prefer training session away from the crowd then you need to visit Elev8tion. The [South Beach Gym](#) is popular for its solo workot sessions. The gym provides personal trainers to solo workers. The gym also has group fitness classes. The exquisite training styles offered by the gym accounts for its popularity. The place offers tailor – made plans befitting each customer according to their unique needs.

4. G21 Fitness

G21 Fitness is a private **gym in North Miami Beach** which offers group classes along with infrared sauna, stretching and massage sessions. The gym is equipped with the top training equipments. The curated exercise programs offer physical fitness along with relaxation.

5. Powerhouse Gym

Powerhouse gym is a modern fitness centre which features edge cutting exercise equipmens, training programs and fitness classes. Along with the fitness classes the gym offers amenities such as tanning, snack bar, physical therapy and access to luxurious locker rooms. The gym breaks the monotony of the repetitive workouts to offer cross functional training.

So these are a few top beach gyms of Miami. For additional information on them visit sweat440.com.