

# The 5 Best Gyms In South Florida That You Need To Give A Shot

Gyming is the best way of reducing weight. Many of us suffer from being overweight and seeing the fit people around one is bound to get a complex. According to health experts, the best way to shed those extra pounds is through workouts. Gyming not just helps in reducing weight but also helps in toning the body. A fit mind and fit body is the key to success. With changing times, people have become more health-conscious, and this has led to the rise of gyms in every nook and corner of the city.

In the fast-paced life, when we are busy running in the rat race of earning bucks, it becomes a necessity to rest awhile and participate in gyming. Our lifestyles and stress tend to harm health, and this is why it becomes essential to hit the gym. With the several choices available, it is possible to get confused. So to help you out here is a list of the best **gyms In Miami, Florida.**



## **Top 5 Gyms in Florida**

The choice of a healthy lifestyle begins with hitting the gym. Here are some of the best [Gym South Beach Miami](#).

### **1. Orange theory**

The **orange theory** is one of the most rapidly growing fitness centres. Equipped with state-of-art facilities, the gym has gained much popularity. Enrolling for their membership gives you access to their weight room, pilates, yoga classes, interval training, spinning, ballet baree and cardio equipment.

### **2. Pure Baree**

It is a chain of 300 fitness studios in the U.S. The gym was created to aid women in toning their body. The fitness centre organizes dance classes by professional choreographers. The exercise sessions at the gym help in stretching the muscles quickly, and it also removes the toxins from the body.

### 3. Crossfit

Crossfit is a gyming chain that was started in 2000, and ever since then, there is no turning back for it. The usp of the fitness centre is that it [Best Gyms In Miami](#), which is famous for its long group workouts. The gym incorporates high-intensity training sessions, powerlifting, plyometrics and gymnastics. Crossfit has certified trainers who help gamers in achieving their fitness goals.



### 4.LA Fitness

Founded in 1984, LA Fitness is one of the largest fitness chains of the United States. The centre has almost 800 fitness franchise across the U.S. It is one of the most popular **Gyms In Miami, Florida**. The fitness centre is equipped with an indoor pool, racquetball, basketball courts, sauna and a weight room. A membership at the centre gives you access to its fitness classes.

### 5. Sky Zone Trampoline Park

Remember the childhood days when jumping on a trampoline used to be so much fun. It turns out that trampoline is no longer just meant for kids. SkyZone Trampoline Park has revolutionized the concept of gyming. Skyzone is a one in itself Florida Gym which introduces you to skyrobics classes in which you tend to 1000 calories per hour. The fitness centre enables you to play dodgeball, sky slam basketball or simple flip in the giant pit of foam cubes.

So these are some of the best gyms of South Florida. For more information about their classes, visit [sweat440.com](http://sweat440.com).