

Miami Personal Training - Call Us Now! 305-261-4004

If you are looking for permanent success when other programs have failed to meet your expectations, then The Health Joint Fitness Club is the place for you. You will see results working with our trainers. If you have never worked out before, never found success, or are an advanced exerciser looking to take your training to a more advanced level, The Health Joint can help. To meet your health and fitness goals, we personalize workout routines to suit your specific needs. A typical program consists of body fat measurement, customized diet, customized training program which emphasizes strength, endurance and cardiovascular needs.

The Truth is if you are not in good shape you are not happy. Finally, you can learn the secrets of how to have incredible energy, vitality and strength. At The Health Joint Fitness Club, our personal trainers have raised the standards of the health and fitness industry. The Health Joint Fitness Club is a state-of-the art facility featuring Precor cardio equipment, Atlantis resistance equipment and free weights. The Health Joint Fitness Club of Miami is the culmination of two decades of dedication to the art of bodybuilding and the realization of a lifelong desire to help others develop their utmost potential.

Students, parents, grandparents, athletes and professionals all consider the trainers at Health Joint to be at the top in their field. You too can discover how to break through to a new, amazing level of fitness which you never dreamed possible. Miami Personal Training and Fitness Boot Camp at its best.

Come visit us at our NEW centrally located gym:
8015 SW 40 Street / Miami, Florida 33165
NEW Telephone: 305-261-4004
Fax: 305-263-1004 Call Us Now! 305-261-4004