

# ADAPT



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Phone :

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## listing Summary

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## listing Description

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ADAPT gym is North Miami's best gym for full body wellness. ADAPT offers services for every type of workout. ADAPT has male and female personal trainers that work one-on-one and run semi-private sessions. ADAPT also has group fitness classes such as high intensity interval training (HIIT), Functional Strength Training (FST), and M.A.S.H (a unique and full body stretch workout that is great for recovery and athletes). ADAPT also offers a full menu of spa services including a sauna, a gold plunge, a recovery lounge and a massage room. ADAPT also provides nutrition counseling and cooking classes from a certified professional nutritionist and chef. ADAPT is a 40,000 sq ft wellness facility dedicated to enhancing the quality of life for the entire North Miami community. ADAPT believes in quality over everything and in having an obligation to provide a safe, unique, and respected workout space for our members.