

## Personal Trainers in Miami, South Beach Gyms

Keep your body in perfect condition for those sunny beaches. Whether you are looking for a selection of weights, aerobics classes, cardio equipment, yoga, personal trainers, pilates, martial arts, or spinning, Best Miami Concierges will suit your needs. Weekly, monthly and yearly memberships are available to suit the needs of both tourist and locals. All of these gyms are within close proximity to the beach, and some even offer an ocean view. You will find a varied choice of all the exercise equipment needed to keep your body in perfect condition for those sunny beaches. YogaThe class combines Dynamic Hatha with Ashtannga, where you will feel the workout and stretch, going with your own flow using breathing techniques that will help you encounter your inner self. The purpose of yoga is the union of mind, soul and body, and after class you will feel energetic, strong and relaxed. Enjoy and share a yoga class that will be adapted for all levels, where we will relaxed body and mind, you will feel part of the universe through the practice of Asanas, Pranayama and Meditation. Give us a call!!!