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Grand Fitness is making a grand entrance at Grand Boulevard

MIRAMAR BEACH, Fla. (February 3, 2016) – Grand Fitness, the area’s newest high-end fitness facility, announces it is coming to Grand Boulevard in Miramar Beach, Florida, Spring 2016.

Locally owned and operated, Grand Fitness is a dynamically designed, exclusive, high-end 20,000 square foot fitness facility. The new facility will boast more than 30 pieces of top-of-the-line cardio equipment and 70 pieces of state-of-the-art strength training equipment, including free weights, cardio and machines that cover upper body, lower body, and core strength training.

Certified personal trainers will be available for those members who wish to create a custom workout experience tailored to their personal goals. Grand Fitness’s temperature-controlled group exercise studios boast special flooring, sound systems and 15 varieties of classes per week — all taught by certified instructors.

The men’s and women’s locker rooms feature solid wood lockers, spacious showers, and an infrared sauna with a luxury spa-feel for relaxation and convenience. Because exercise is only part of a true fitness experience, Grand Fitness’ in-house cafe offers members all natural, organic meals as part of custom designed meal plans from a local personal chef, cold pressed juices made with the healthiest superfoods, and even grab-and-go options. The facility’s in-house nutrition specialist will be on site daily to advise members on nutrition choices for a healthy lifestyle or to achieve a specific health-related goal.

Grand Fitness will offer a spacious, clean and safe childcare room for members and guests. Parents can take comfort knowing that their children are being engaged and well taken care of by a qualified and trained staff. All of the childcare workers are CPR and First Aid certified. Childcare is available for children between six weeks to 11 years old.

With the latest in fitness facility software, members will be able to access club services, including class and equipment reservations; meal orders; and account management, directly from their smartphone or tablet through a custom app.

Grand Fitness promises to provide a premium experience to all who join, thus a variety of membership plans are available. Senior, Military, Family and Corporate options will be offered as well. Pre-sales incentives will be offered until opening.

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About Grand Fitness

Grand Fitness, located at Grand Boulevard in Miramar Beach, Florida, is a dynamically designed, exclusive, high-end 20,000 square foot fitness facility. In addition to state-of-the-art strength equipment, Grand Fitness offers certified personal trainers, temperature controlled group classes, an expansive childcare facility and cafe. For more information or to begin reaching your fitness goals today, go to <http://grandfitnessfl.com/> or find Grand Fitness on Facebook, Twitter and Instagram.