



## **Shapes Total Fitness -Seminole**

### Description:

Shapes Total Fitness is proud to offer twelve First Class Fitness Centers, exclusively for women, throughout the Tampa Bay area. We have facilities in Bradenton, Brandon, Carrollwood, Largo/Clearwater, Palm Harbor, Port Richey, Sarasota/Lakewood Ranch, Seminole, South Tampa, St. Petersburg, Temple Terrace, and Westchase/Town & Country.

Each club offers a large variety of state of the art cardiovascular and strength training apparatus, an indoor heated lap pool, whirlpool, steam room, sauna, interactive childcare center, fully equipped locker, shower and vanity area, assessment center and so much more. An educated team of Fitness Professionals and Certified Personal Trainers is on hand to assist each member in reaching her individual goals.

Address Line 1: 7570 Starkey Rd.

Country: Florida

City: Seminole

Zip: 33777

Website: <http://www.shapestotalfitness.com>