

Slash Fitness Voted "Best Gym in Palm Beach County 2023"

For the Third Year in a Row, Slash Fitness Awarded Title of Best Gym in Palm Beach County by STAY FIT 305

DELRAY BEACH, FL, USA, February 22, 2023 /EINPresswire.com/ -- [Slash Fitness](#), a state-of-the-art personalized indoor/outdoor training facility located in East Delray Beach, has won "Best Gym in Palm Beach County 2023" by the [STAY FIT 305](#) community of workout enthusiasts. STAY FIT 305 is a local fitness news site dedicated to all

things health and wellness in South Florida and their loyal community voted Slash Fitness as the winner for the third year in a row. Slash Fitness is dedicated to welcoming individuals of all fitness levels and offers a variety of group exercise classes, specialty classes and personalized training with one of their certified fitness coaches.

“

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*Joe Ardagna, co-owner of
Slash*

Over the past decade, Slash Fitness has gone from a local leader in the Delray Beach fitness scene to being a trusted industry leader throughout South Florida and beyond. Community activism, supporting local non-profits and businesses in addition to receiving multiple "Top Gym" Awards has solidified this position.

“The most incredible part of this community that we've built over the past ten years is the lasting relationships amongst members and staff that have become more like a

family,” said Joe Ardagna, co-owner of Slash. “People we otherwise would never have crossed paths with have come into our studio with their kindness, compassion, and in many cases, their bravery to take on something new.”

Offering personal and group training, Slash Fitness is ideal for men and women of all ages and fitness levels. During Slash Fitness group classes, the coach puts participants through a 45-



Slash Fitness - Delray Beach

minute workout consisting of cardio, as well as endurance, strength and functional fitness components. Since opening its doors nine years ago, Slash Fitness has focused on building a positive, healthy and inclusive community – making it one of the premier fitness facilities in South Florida. Weight training, High-Intensity Interval Training (HIIT), and stretch/barre/yoga, are all on the menu at Slash Fitness, with the focus on burning fat, defining muscle, and improving the quality of your healthy and active lifestyle.

About Slash Fitness

Slash Fitness is a state-of-the-art personalized indoor/outdoor training facility located in East Delray Beach, Florida. Offering personal and group training, Slash Fitness is ideal for men and women of all ages and fitness levels. During Slash Fitness group classes, the coach puts participants through a 45-minute workout consisting of cardio, as well as endurance, strength and functional fitness components. Since opening its doors seven years ago, Slash Fitness has focused on building a positive, healthy and inclusive community – making it one of the premier fitness facilities in South Florida. Learn more at <https://slashfitpro.com/>.

Melissa Perlman
Bluelvy Communications
+1 561-310-9921

[email us here](#)

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Austin Brock and Joe Ardagna - Slash Fitness Owners



Slash Fitness



Ice Plunge at Slash Fitness



Slash Outside Workout

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