



6400 SHERIDAN DRIVE

FITNESS CENTER



CHANGING ROOMS +
PRIVATE SHOWERS



MULTIPLE WORKOUT
STATIONS

FROM YOUR DESK TO THE GYM IN MINUTES

Ditch the commute and expensive gym memberships. The Sheridan Meadows Corporate Park Fitness Center at 6400 Sheridan Drive offers a convenient, high-quality workout environment just steps from your desk. Whether you're looking to power through a morning cardio session or de-stress with a post-work lift, our facility is designed to fit your busy professional schedule.

Enjoy a private, well-maintained space that caters to all fitness levels. Memberships are managed easily through Uniland's secure online portal, ensuring you spend less time on paperwork and more time on your health. Open Monday-Friday from 6:30 a.m. to 9:00 p.m. and Saturday-Sunday from 8:00 a.m. to 1:00 p.m.

AMENITIES



Cardio Suite



Strength Training



Changing Rooms



Private Showers

CONTACT US

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Uniland