



MIAMI WORLD CENTER

697 N Miami Ave | Miami, FL 33132

flowhouse.life | [@livelifeinflow](https://www.instagram.com/livelifeinflow) | [@flowhousemiami](https://www.instagram.com/flowhousemiami)



FIND YOUR FLOW

46,100 SQ FT OF AMENITIES

with your wellbeing in mind, there's a little something for everyone. You can take a dip in the pool, pick a weekly fitness class, or start a podcast. And plenty in between.

WELLBEING

- Practice Room
- Meditation Room
- Spa, Sauna, & Steam Room
- Cold Plunge
- Zen Garden
- 126 ft Lap Pool
- Day Beds & Cabanas
- Premier Fitness Technogym

WORKFLOW

- Coworking Space
- Resident Lounge
- Private Offices
- Conference Rooms
- Phone Booths
- Board Room
- Podcast Room

EXPERIENCE

- Flow Social Club
- Game Room
- Media Screening Room
- Cafe
- Flow Truck & Picnic Area
- Grill Area



41 STORIES

filled with community spaces and humans for you to connect, collaborate, and flow with on elevator rides or the pool deck. The more you know, the more you grow.

36,900 SQ FT OF RETAIL SPACE

right by your home — with everything from shopping to dining to experiences. An easy way to spend an afternoon.

466 FULLY FURNISHED RESIDENCES

crafted and cultivated for living by Cola Blanca and Flow Furnishings. Not too shabby if we do say so ourselves. Quite the opposite, in fact.

RESIDENCE FEATURES

- › Finished and furnished residences
- › Custom lighting packages
- › Private balconies with views in select units
- › European style cabinetry
- › Luxury bath fixtures
- › Full appliances with washer and dryer
- › Pet-friendly building
- › Parking spaces available for rent

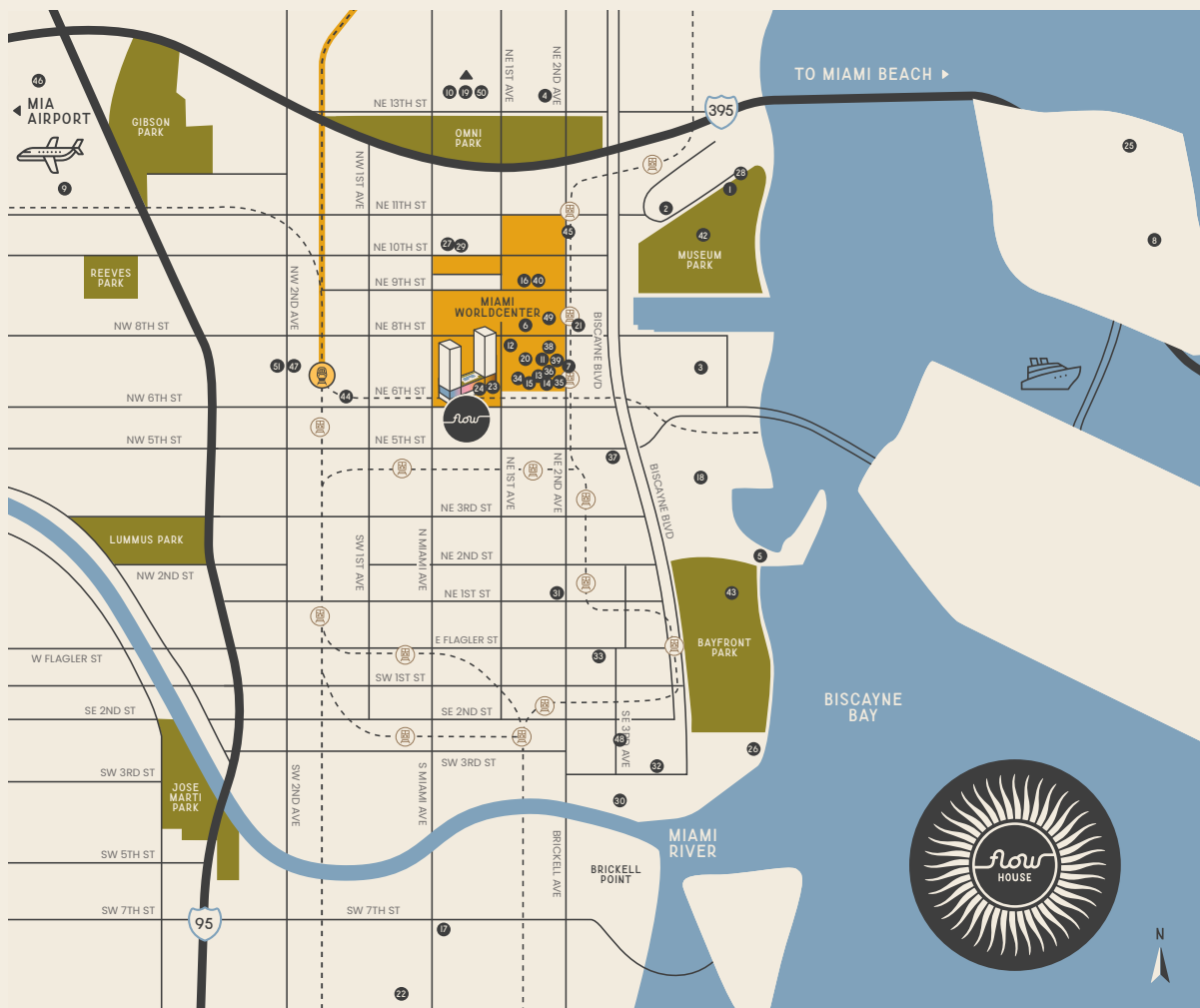


RESIDENTIAL MIX

STUDIO 307 to 629 sq ft | 29 to 59 sq m
JR. 1 BEDROOM 489 to 680 sq ft | 45 to 63 sq m

1 BEDROOM 567 to 1005 sq ft | 53 to 93 sq m
2 BEDROOMS 959 to 1165 sq ft | 89 to 108 sq m

FLOW GUIDE TO DOWNTOWN MIAMI



ART, CULTURE + ENTERTAINMENT

- 1 Perez Art Museum Miami
- 2 Patricia + Philip Frost Museum of Science
- 3 Kaseya Center
- 4 Adrienne Arsht Center for the Performing Arts
- 5 Skyviews Miami Observation Wheel
- 6 Museum of Ice Cream
- 7 Lucky Strike
- 8 Jungle Island
- 9 Inter Miami CF Freedom Park (5 miles from Flow House)
- 10 Wynwood Walls (1.5 miles from Flow House)
- 11 Lucky Strike Miami

SHOPPING

- 12 Miami Worldcenter
- 13 Lululemon
- 14 Sephora
- 15 Ray-Ban
- 16 Lucid Motors
- 17 Brickell City Center
- 18 Bayside Marketplace
- 19 Miami Design District
- 20 Apple Store
- 21 Free People
- 22 Mary Brickell Village

DINING

- 23 Brasserie Laurel
- 24 El Vecino
- 25 Joia Beach
- 26 Il Gabbiano
- 27 11th Street Pizza
- 28 Verde
- 29 All day Cafe
- 30 Zuma
- 31 Niu Kitchen
- 32 Hell's Kitchen
- 33 Julia and Henry
- 34 Maple & Ash
- 35 Serafina
- 36 Earl's Kitchen
- 37 ViceVersa
- 38 Sixty Vines
- 39 Villa One Tequila Gardens*
- 40 Sweet Paris Crêperie & Café

ESSENTIALS

- 47 Publix
- 48 Whole Foods
- 49 Club Studio
- 50 Trader Joe's (3.4 miles from Flow House)
- 51 Target

*COMING SOON

PARKS + LEISURE

- 42 Museum Park/Maurice A Ferre Park
- 43 Bayfront Park

TRANSPORTATION

- 44 Miami Central – Brightline
- 45 Miami Metromover
- 46 Miami International Airport (5 miles from Flow House)



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