

Rock Strength & Fitness - Mt Vernon

mt vernon

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Published on: 11/05/25	Hits: 440
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Rock Strength & Fitness - Mt Vernon

Welcome to Rock Strength & Fitness: Your Premier Fitness Center in Mt Vernon, Kentucky

Rock Strength & Fitness is not just a gym; it's a community dedicated to helping you achieve your fitness goals in a welcoming and friendly atmosphere. With a ****wheelchair-accessible entrance**** and ****wheelchair-accessible car park****, we prioritize ****accessibility**** for all members of the community.

Membership Options at Rock Strength & Fitness

To fully enjoy the benefits of our state-of-the-art facility, ****membership is**

required**. Our various membership plans are affordable and designed to cater to everyone—from beginners to advanced fitness enthusiasts. The sense of community here makes joining a truly rewarding experience.

Online Classes for Flexibility

For those who prefer to work out from home or have a busy schedule, we offer **online classes** that allow you to stay fit at your convenience. These classes are carefully designed to ensure you receive quality instruction while remaining flexible to fit your lifestyle.

Exceptional Service Options and On-site Services

At Rock Strength & Fitness, our **on-site services** include one-on-one training sessions with our highly qualified staff, including Chris, a licensed trainer who offers personalized instruction for just \$20. This dedication to helping you succeed sets us apart from other gyms in the area.

Planning Your Fitness Journey

Whether you're looking to gain strength, lose weight, or simply improve your overall health, planning is key. Our knowledgeable staff is always available to assist you in mapping out a fitness plan tailored specifically to your needs.

A Clean and Safe Environment

Members frequently praise Rock Strength & Fitness for its **impeccably clean** environment. We understand the importance of hygiene in fitness centers and take pride in maintaining a pristine facility for our members. As one member stated, "I've never felt more welcomed at a gym than I do here."

Community and Support

The warmth and friendliness of our team make Rock Strength & Fitness stand out. Our owners, Chris, Angie, Matt, and Kelly, have created an atmosphere that feels more like family than just a gym. Members often express their gratitude for their kindness and support, stating how much the staff cares about them beyond just collecting memberships.

Your Fitness Journey Starts Here!

Come and experience what makes Rock Strength & Fitness the best place in town for workouts. With a great variety of equipment, a friendly and safe atmosphere, and the promise of ongoing support, you'll find everything you need to succeed on your fitness journey. Join us today and discover the difference of being part of a close-knit community committed to your health and well-being. Remember, at Rock Strength & Fitness, you're not just a member; you're part of a family that believes in the spirit of encouragement and support.

****LIVE LARGE!****

We are at

160 Williams St, 40456 Mt Vernon, Kentucky - United States (US)

The contact line of the respective **Fitness center** is +1606-655-1012
And if you want to send a WhatsApp, you can do so at +1606-655-1012

We are available at these times:

Day Hours
Monday
8?AM–6?PM
Tuesday
8?AM–6?PM
Wednesday
8?AM–6?PM
Thursday
8?AM–6?PM
Friday
Closed
Saturday
Closed
Sunday
8?AM–6?PM

If necessary to alter any data that you believe is not accurate concerning this site, please send a message so that we will adjust it at the earliest convenience. With anticipation thank you very much.

Images



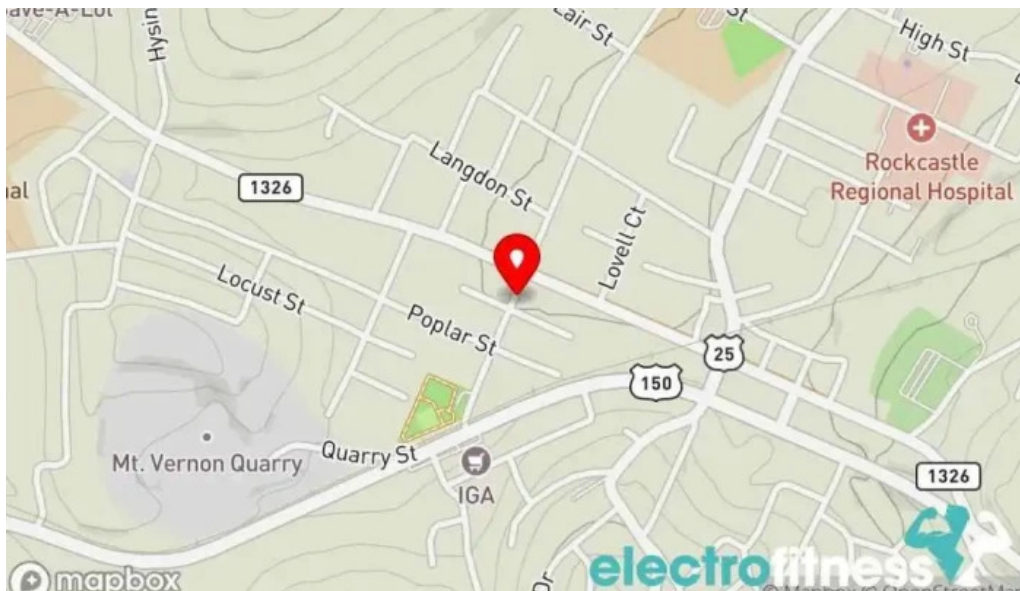
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Rock strength fitness schedule



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Rock strength fitness map



Rock strength fitness gym



Rock strength fitness fitness center



Rock strength fitness by owner



Rock strength fitness all

Tags

On-site services, Service options, Planning, Accessibility, Membership required, Wheelchair-accessible car park, Wheelchair-accessible entrance, Online classes

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convenience store
counselor
country club
coworking space
cultural center
dance company
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exercise equipment store

facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
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golf instructor
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hair salon
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health food store
health spa
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