

1230 Fitness - Alma

alma

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1230 Fitness - Alma

Discover 1230 Fitness: Your Ultimate Gym in Alma, Arkansas

If you're on the lookout for a top-notch fitness center in Alma, Arkansas, **1230 Fitness** might just be the place for you. This gym offers a variety of facilities and services designed to help you achieve your fitness goals.

State-of-the-Art Equipment

One of the standout features of **1230 Fitness** is its modern equipment. Whether

you are into weightlifting, cardio, or group classes, you will find everything you need to get an effective workout. The gym is equipped with the latest machines, free weights, and cardio tools, ensuring that members can achieve a comprehensive workout.

Welcoming Atmosphere

When you step into **1230 Fitness**, you will immediately feel the welcoming atmosphere. Members often comment on how friendly and supportive the community is. This positive environment makes it easier for individuals of all fitness levels to feel comfortable and motivated.

Diverse Workout Programs

1230 Fitness offers a range of workout programs tailored to meet the diverse needs of its members. From high-intensity interval training (HIIT) to yoga sessions, there is something for everyone. These classes not only keep workouts engaging but also provide opportunities to learn new techniques and meet like-minded individuals.

Personal Training Services

If you're looking for personalized guidance, **1230 Fitness** provides access to certified personal trainers. These professionals can create customized workout plans to help you reach your specific fitness objectives, whether it's weight loss, muscle gain, or overall health improvement.

Membership Benefits

Joining **1230 Fitness** comes with a host of benefits. Members enjoy flexible membership options, access to all gym facilities, and often exclusive discounts on classes and merchandise. This makes it an attractive choice for local residents committed to their health and fitness.

Conclusion

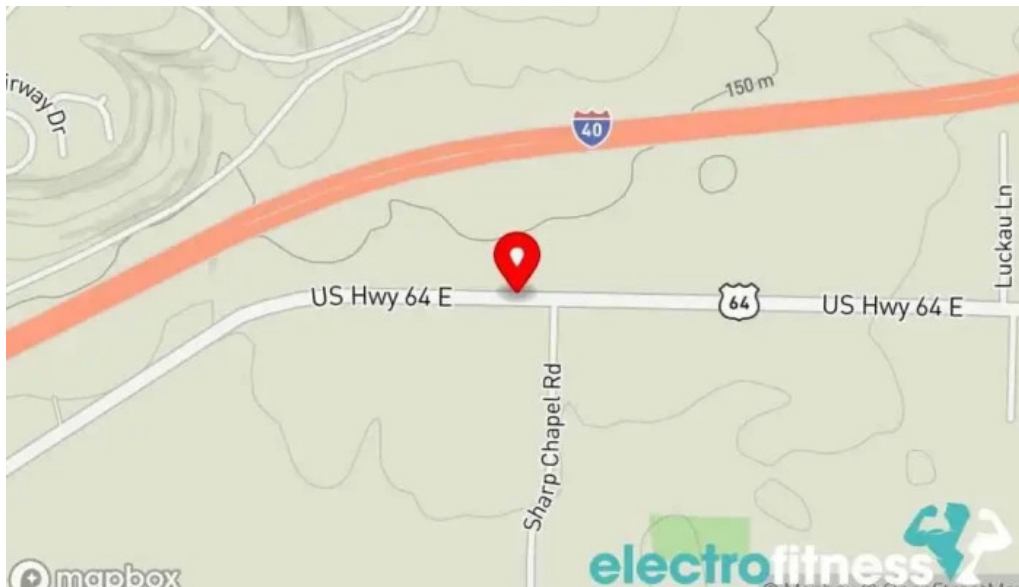
With its top-of-the-line equipment, supportive community, and varied programs, **1230 Fitness** stands out as a premier gym in Alma, Arkansas. Whether you are just starting your fitness journey or are an experienced athlete, this gym offers everything you need to succeed.

We are positioned at

4610 E Hwy 64, 72921 Alma, Arkansas - United States (US)

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Images



1230 fitness map



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Tags

programs, fitness, classes, supportive, atmosphere, equipment, services, workout, achieve, welcoming, arkansas, facilities

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