

Bowling Green Powerhouse - Bowling Green

bowling green

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https://www.electrofitness.com/gym/bowling-green/bowling-green-powerhouse-bowling-green_28844

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Welcome to Bowling Green Powerhouse: A Community of Strength

If you're looking for a place to build both physical strength and lasting friendships, **Bowling Green Powerhouse (BGPH)** in Bowling Green, Kentucky, is the ideal destination. This gym identifies as women-owned and offers a supportive atmosphere that encourages everyone to reach their fitness goals.

Accessibility and Amenities

At BGPH, accessibility is a priority. The **wheelchair-accessible entrance** and **wheelchair-accessible car park** ensure that all members can enjoy their fitness journey. The facility also provides **Wi-Fi** and various **on-site services** that cater to different needs, making your experience as seamless as possible.

Training and Coaching

BGPH boasts an impressive team of knowledgeable coaches, including the renowned Coach Nikki Stock and Coach Stephen Burba. They are committed to helping members, whether they are beginners or experienced lifters, achieve their personal bests. Members rave about the **personal training** experience and the focus on individualized goals, emphasizing that **appointment required** sessions are well worth the commitment.

Online Classes and Flexibility

For those who prefer to workout from home, BGPH offers **online classes** that allow you to engage in high-quality training at your convenience. This flexibility ensures that you never have to miss a session, no matter your schedule.

A Sense of Community

The feedback from members highlights the incredible sense of community at Bowling Green Powerhouse. Many describe it as a "home away from home" filled with friendly faces and encouragement. This welcoming environment attracts individuals of all fitness levels, fostering connections that go beyond just workouts.

Commitment to Personal Growth

Members appreciate how BGPH focuses not only on physical strength but also on mental resilience. Coaches take the time to educate clients about proper techniques and body mechanics, creating a culture of continuous learning and improvement. Many have shared life-changing experiences, such as overcoming injuries and achieving personal fitness milestones.

Membership and Service Options

Becoming a member at BGPH means joining a family dedicated to collective success. With **membership required**, individuals gain access to a variety of training options, including strength training, conditioning, and Olympic lifting. The team's dedication to each member's success makes this gym stand out in Bowling Green.

Conclusion

If you're searching for a gym that prioritizes **accessibility**, fosters **community**, and promotes personal growth, look no further than Bowling Green Powerhouse. Their commitment to members—regardless of fitness level—ensures that everyone feels welcome and supported on their journey to better health.

Ready to experience the difference? Schedule an appointment today to become part of a community that truly cares.

We are at

148 Dishman Ln, 42101 Bowling Green, Kentucky - United States (US)

The contact line of the mentioned **Gym** is +1502-551-1813

And if you want to send a WhatsApp, you can do so at +1502-551-1813

Our opening hours are:

Day Hours

Monday

8:30?AM–7?PM

Tuesday

8:30?AM–7?PM

Wednesday

8:30?AM–7?PM

Thursday

8:30?AM–7?PM

Friday

10?AM–12?PM

Saturday

Closed

Sunday

8:30?AM–7?PM

The website is Bowling Green Powerhouse

In case you want to alter any data that you think is not accurate related to this page, we ask send us a message and we will adjust it quickly. Thank you in advance thanks.

Images



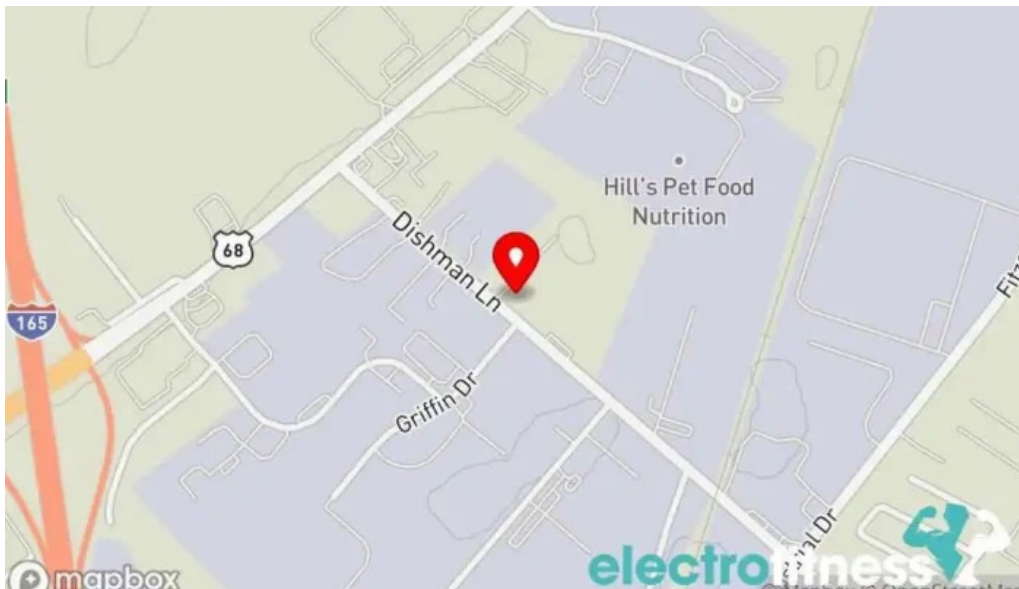
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Tags

Accessibility, Wheelchair-accessible car park, Amenities, Identifies as women-owned, On-site services, Wheelchair-accessible entrance, Online classes, From the business, Membership required, Planning, Service options, Appointment required, Wi-Fi

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| |
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| apartment complex |
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| arena |
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| association / organization |
| athletic club |
| auditorium |
| bar |
| basketball club |
| basketball court |
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| boxing club |
| boxing gym |
| boxing ring |
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| chiropractor |
| church |
| club |

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| convenience store |
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| country club |
| coworking space |
| cultural center |
| dance company |
| dance school |
| day spa |
| disc golf course |
| dollar store |
| educational institution |
| elementary school |
| exercise equipment store |
| facial spa |
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| fitness |
| fitness center |
| fitness equipment wholesaler |
| food producer |
| foot care |
| gated community |
| golf club |
| golf course |
| golf instructor |
| grocery store |
| gym |
| gymnasium school |
| gymnastics center |
| hair salon |
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| hospital |
| hotel |
| indoor cycling |
| jujitsu school |
| karate club |

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| kennel |
| kickboxing school |
| kinesiologist |
| kinesiotherapist |
| martial arts club |
| martial arts school |
| massage spa |
| massage therapist |
| medical group |
| medical spa |
| meditation center |
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| muay thai boxing gym |
| non-profit organization |
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| parking lot |
| parkour spot |
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| pharmacy |
| physical fitness program |
| physical therapist |
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