

F45 Training East Bowling Green - Bowling Green

bowling green

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bowling green

F45 Training East Bowling Green - Bowling Green

Discover F45 Training East Bowling Green

If you're planning to embark on a fitness journey, look no further than **F45 Training East Bowling Green** in Bowling Green, Kentucky. This facility offers not just a gym, but a vibrant community where members feel like family.

Welcoming Environment

The warm and friendly atmosphere of F45 Bowling Green is a standout feature. Members rave about the non-judgmental space where trainers genuinely care about your fitness goals. As one member stated, "It's a nice feeling to actually look forward to your workout!" With a wide age range and various fitness levels, everyone finds their place here.

Accessibility and Facilities

F45 Training East Bowling Green is designed with accessibility in mind. It features a **wheelchair-accessible car park**, ensuring that everyone can participate in the classes without any hurdles. The facility itself is spacious, clean, and filled with high-quality equipment, making it an excellent setting for workouts.

Membership Required

To fully engage with this motivating environment, a **membership is required**. This investment opens the door to an array of diverse classes tailored to keep you challenged and entertained. Members have highlighted the variety in daily workouts as a key factor in keeping boredom at bay.

Top-Notch Trainers

The instructors at F45 are often described as phenomenal, knowledgeable, and motivating. They are dedicated to helping you achieve your personal best while ensuring safety through proper form. Many share experiences of significant weight loss and muscle gain under their guidance.

Join the F45 Community

If you're seeking a place that fosters camaraderie and accountability, F45 Training East Bowling Green may be your ideal match. Members frequently express gratitude for the supportive community that encourages each other to push through challenges and celebrate successes.

Overall, if you're considering joining a gym, give F45 Training East Bowling Green a try. It's more than just a workout; it's a place to grow, connect, and thrive!

Our business is found at

288 Cumberland Trace Rd #104/105, 42103 Bowling Green, Kentucky - United States (US)

The phone of the respective **Gym** is +1270-709-5426

And if you want to send a WhatsApp, you can do so at [+1270-709-5426](https://wa.me/12707095426)

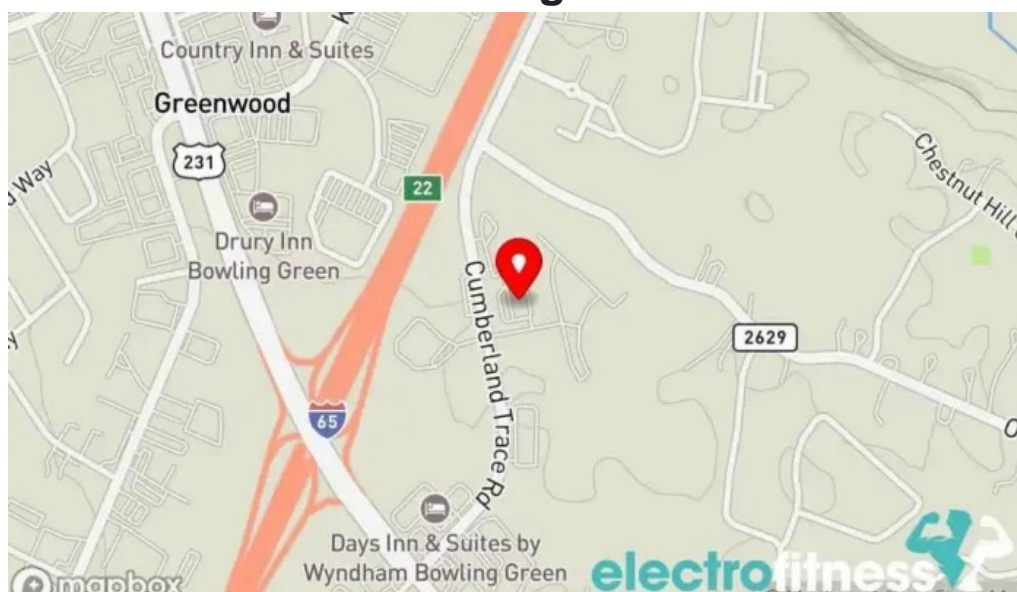
Our opening hours are:

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

The website is [F45 Training East Bowling Green](https://www.f45training.com/east-bowling-green)

If necessary to modify any detail that you think is not precise related to this web, we kindly request forward a message so we can we will correct it at the earliest convenience. Thank you in advance thanks.

Images



F45 training east bowling green map



F45 training east bowling green location



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Tags

Wheelchair-accessible car park, Planning, Accessibility, Membership required

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Comments

Nicole Harris	11-05-25 04:05
<p><i>Absolutely love F45 Bowling Green East!! The trainers are just fantastic, I must say. They're incredibly motivating and super knowledgeable. Thanks to their guidance, I've managed to shed some pounds and gain muscle, even with tweaks to the exercises. And the mix of ages and fitness levels is just splendid - such a diverse and inclusive environment! All in all, a top-notch spot for a workout!</i></p>	

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college
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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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golf instructor
grocery store
gym
gymnasium school
gymnastics center
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karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel

rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
software company
spa
spa and health club
sporting goods store
sports club
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sports massage therapist
sports medicine clinic
sports nutrition store
sports school
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supermarket
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