

Total Fitness Connection - Russellville Rd - Bowling Green

bowling green

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Total Fitness Connection - Russellville Rd - Bowling Green

Total Fitness Connection - Russellville Rd: A Comprehensive Overview

If you are looking for a gym that encompasses a variety of amenities and services tailored to meet diverse fitness needs, ****Total Fitness Connection**** located on Russellville Rd in Bowling Green, Kentucky, stands out as an excellent choice. This gym not only identifies as ****veteran-owned**** but also emphasizes accessibility, including a ****wheelchair-accessible entrance**** and ****car park****, ensuring all individuals feel welcomed.

Membership Options & Requirements

When considering this gym, keep in mind that a ****membership is required**** to access the facilities and classes. They offer multiple tiers of membership, including a popular ****Premium Plus Membership**** that entitles you to a host of benefits such as the swimming pool, sauna, steam room, and more. However, be cautious as some services, like the cold plunge, may incur additional charges that are not always clearly communicated during sign-up.

Amenities That Enhance Your Experience

Total Fitness Connection is well-known for its extensive ****amenities****, which include: - A ****75-foot swimming pool**** - Jacuzzis - Steam rooms - Saunas. These amenities create a perfect environment for relaxation and recovery after intense workouts. Many members have expressed their appreciation for the cleanliness of these areas, contributing to a pleasant atmosphere.

Online Classes & On-Site Services

In addition to physical equipment, Total Fitness Connection offers ****online classes****, making it convenient for those who prefer to work out at home or want to supplement their gym experience. The facility also features ****on-site services****, including physical therapy and personal training, ensuring members receive comprehensive support on their fitness journeys.

Accessibility and Environment

With a strong focus on ****accessibility****, Total Fitness Connection provides a nurturing environment for everyone. Staff members are known for their friendliness and willingness to assist, creating a welcoming atmosphere. The gym has received high marks for consistently maintaining cleanliness, with equipment being cleaned regularly.

Gaining Community Support

Members often highlight the ****supportive community**** at Total Fitness Connection. The camaraderie among patrons fosters a positive spirit, where individuals feel motivated and encouraged to reach their fitness goals together. Whether you're lifting weights, swimming laps, or participating in group classes, the sense of community is palpable.

Parking and Planning Your Visit

Planning your visit to Total Fitness Connection is hassle-free thanks to the ample ****wheelchair-accessible parking**** facilities available near the entrance. However, it's worth noting that some members have suggested that the hours of operation could be improved, as there are periods when the gym is closed.

Conclusion

Overall, Total Fitness Connection on Russellville Rd presents an attractive

option for anyone seeking a gym that combines a variety of amenities, an inclusive atmosphere, and community-focused services. With committed staff, clean facilities, and a wide range of services, it continues to be a popular choice among fitness enthusiasts in Bowling Green, Kentucky. Whether you are a seasoned athlete or a newcomer to the fitness world, this gym offers everything you need to achieve your health and wellness goals.

The business is situated at

2235 Russellville Rd, 42101 Bowling Green, Kentucky - United States (US)

The phone number of the respective **Gym** is +1270-781-1151

And if you want to send a WhatsApp, you can do so at +1270-781-1151

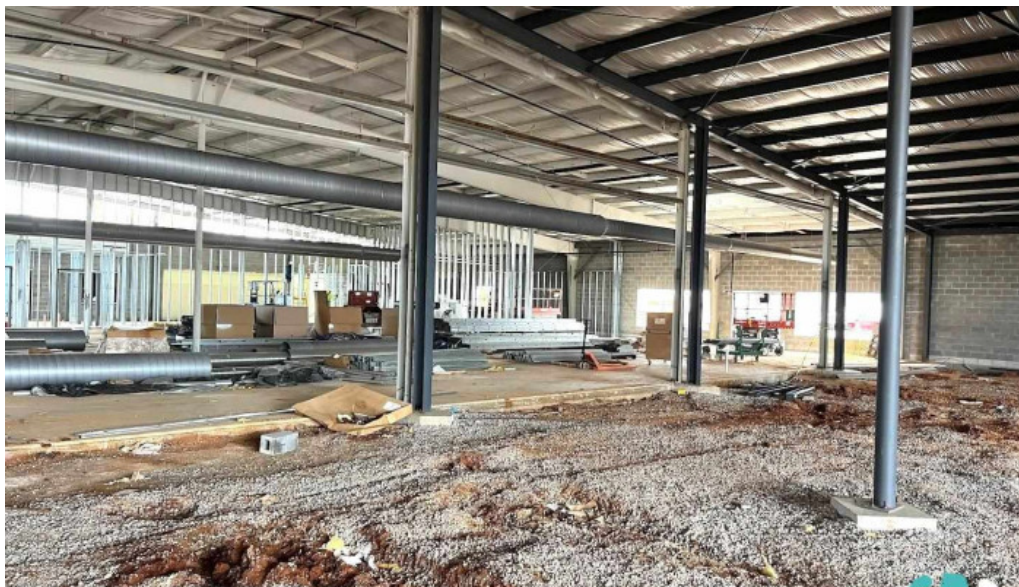
You can visit us at the following hours:

Day	Hours
Monday	5?AM–9?PM
Tuesday	5?AM–9?PM
Wednesday	5?AM–9?PM
Thursday	5?AM–9?PM
Friday	7?AM–7?PM
Saturday	1–7?PM
Sunday	5?AM–9?PM

The website is Total Fitness Connection - Russellville Rd

In case you want to change any element that you feel is incorrect about this portal, we ask deliver a message so we can we will correct it as soon as possible. Thanks beforehand thanks for your cooperation.

Images



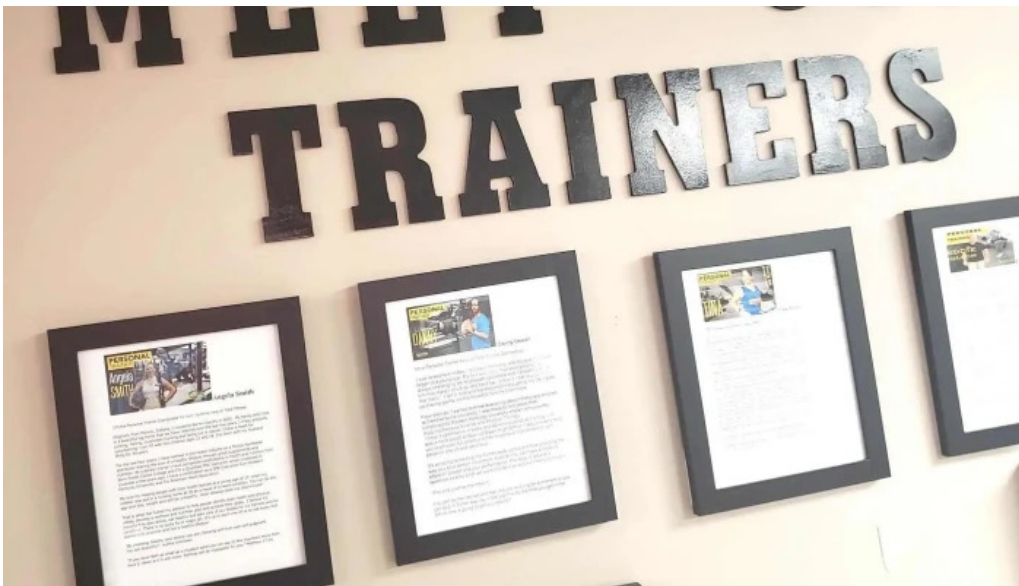
Total fitness connection russellville rd bowling green



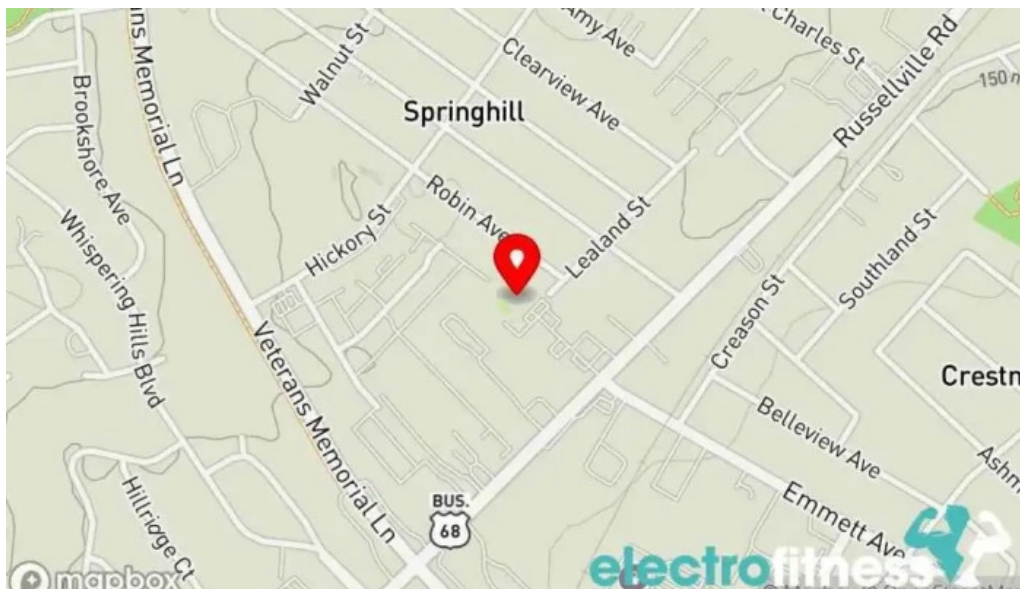
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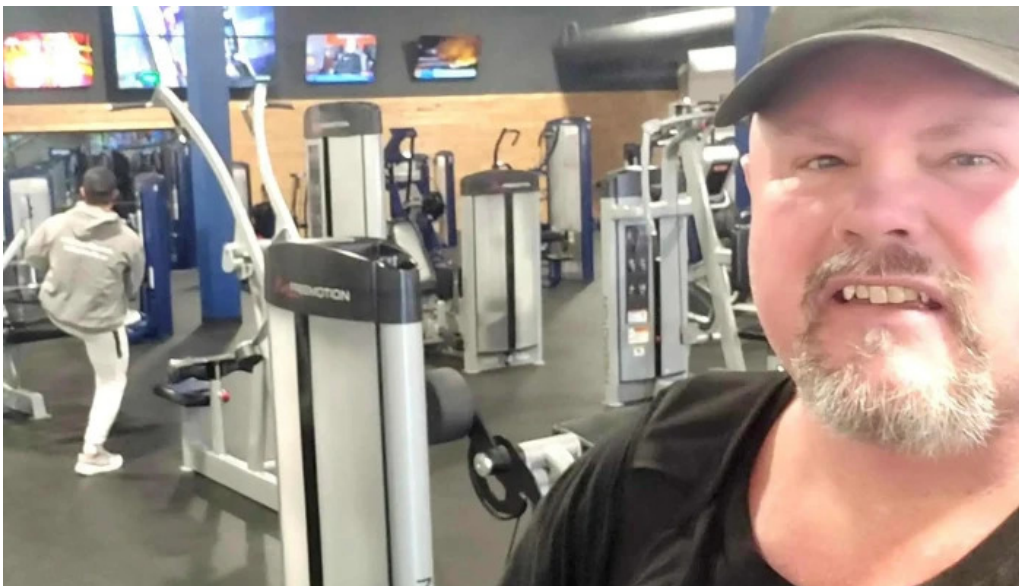
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Total fitness connection russellville rd address

Tags

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

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4.6 * *Vidalia Total Fitness - Vidalia*

Comments

I 'ave at last discovered a spot where I am CERTAIN I can work out and improve me health. The staff are jolly good fun and are always ready to lend a hand to everyone, takin' the time to address me queries when I get a bit curious about summat new. Owing to some medical matters, I can only partake in the swimmin' pool activities, yet I still feel respected and valued each time I enter through the doors! If you're seekin' others to exercise alongside, this is the ideal spot for it! A MARVELOUS PLACE FOR KEEPIN' FIT!

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bar
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basketball court
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body shaping class
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boxing gym
boxing ring
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country club
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cultural center
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dance school
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gymnastics center
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health food store
health spa
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karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist

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martial arts school
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massage therapist
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medical spa
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