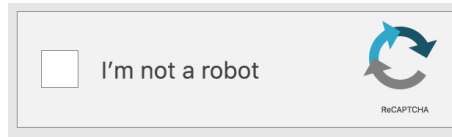


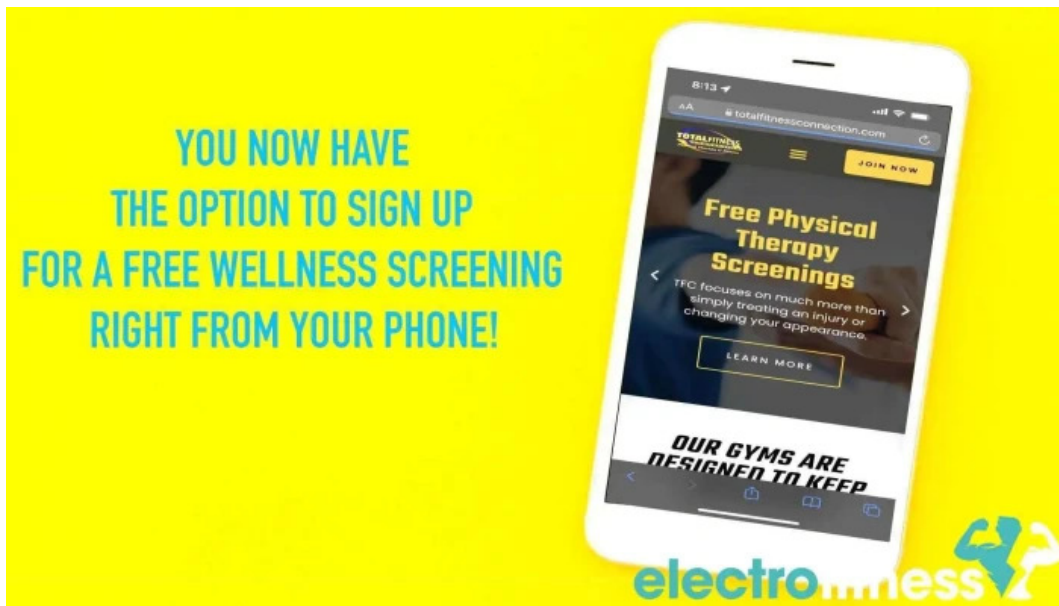
Total Fitness Connection - Three Springs Rd - Bowling Green

bowling green



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https://www.electrofitness.com/gym/bowling-green/total-fitness-connection-three-springs-rd-bowling-green_288298.php



bowling green

Total Fitness Connection - Three Springs Rd - Bowling Green

Total Fitness Connection: A Comprehensive Overview

Total Fitness Connection, located on Three Springs Rd in Bowling Green, Kentucky, is designed to cater to a diverse audience, ensuring that both fitness enthusiasts and those recovering from injuries find a welcoming environment. This gym is more than just a workout space; it provides various **amenities**

tailored for everyone.

Accessibility Features

One of the standout features of Total Fitness Connection is its commitment to accessibility. The gym boasts a **wheelchair-accessible entrance**, along with a **wheelchair-accessible toilet** and **wheelchair-accessible car park**. These features ensure that individuals with mobility challenges can enjoy their workouts without facing barriers.

Veteran-Owned and Community Focused

Identifying as a **veteran-owned** business, Total Fitness Connection emphasizes values of service and community. The staff, known for their friendliness and helpfulness, creates an atmosphere where every member feels valued and supported.

Child Care Services

The gym also understands the needs of parents. With dedicated child care services available, members can focus on their workout routines knowing that their children are well cared for. The extended day care hours allow parents to engage in longer training sessions without worrying about their little ones.

Membership Options and Planning

Potential members should be aware that a **membership is required** to access the gym's facilities. There are several membership tiers available, although some recent feedback suggests that clarity regarding these options could improve. It's essential for prospective members to plan accordingly and inquire about the benefits associated with each membership level to avoid any surprises.

Feedback from Members

Members have praised Total Fitness Connection for its spacious layout and variety of equipment. The gym features both free weights and machines, plus areas specifically dedicated to cardio workouts. One user noted, "Great atmosphere and great people!" reinforcing the sense of community found within the facility.

However, some concerns have been raised about the transparency of membership details and cancellation policies. It's advisable for potential members to clarify any doubts during the sign-up process to ensure they fully understand the terms and conditions of their membership.

Physical Therapy Services

Total Fitness Connection is also well-regarded for its **physical therapy** services. Many testimonials highlight the effectiveness of the PT staff, with members noting significant improvements in their recovery journeys. Matt Miller, a physical therapist at the gym, has received particular praise for his dedication and personalized approach, helping clients regain their strength and mobility.

Conclusion

In summary, Total Fitness Connection on Three Springs Rd offers a well-rounded fitness experience characterized by strong community ties, extensive accessibility features, and a variety of amenities. While potential members are encouraged to ask questions about membership details, the overall consensus reflects a supportive environment ideal for fitness and rehabilitation.

Our location is in

542 Three Springs Rd, 42104 Bowling Green, Kentucky - United States (US)

The contact phone of the respective **Gym** is +1270-782-3503

And if you want to send a WhatsApp, you can do so at +1270-782-3503

We open at the following schedule:

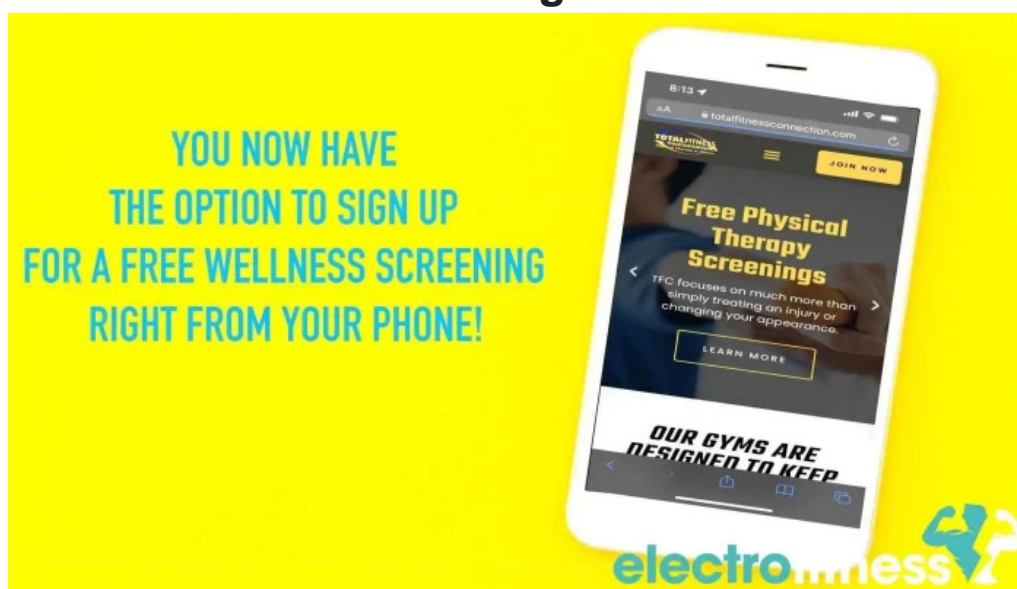
Day	Hours
Monday	5?AM–9?PM
Tuesday	5?AM–9?PM
Wednesday	5?AM–9?PM
Thursday	5?AM–9?PM
Friday	7?AM–7?PM
Saturday	1–7?PM
Sunday	

5?AM-9?PM

The website is Total Fitness Connection - Three Springs Rd

In case you want to change any data that you feel is incorrect concerning this site, please forward a message so we can we will handle it quickly. In advance thank you very much.

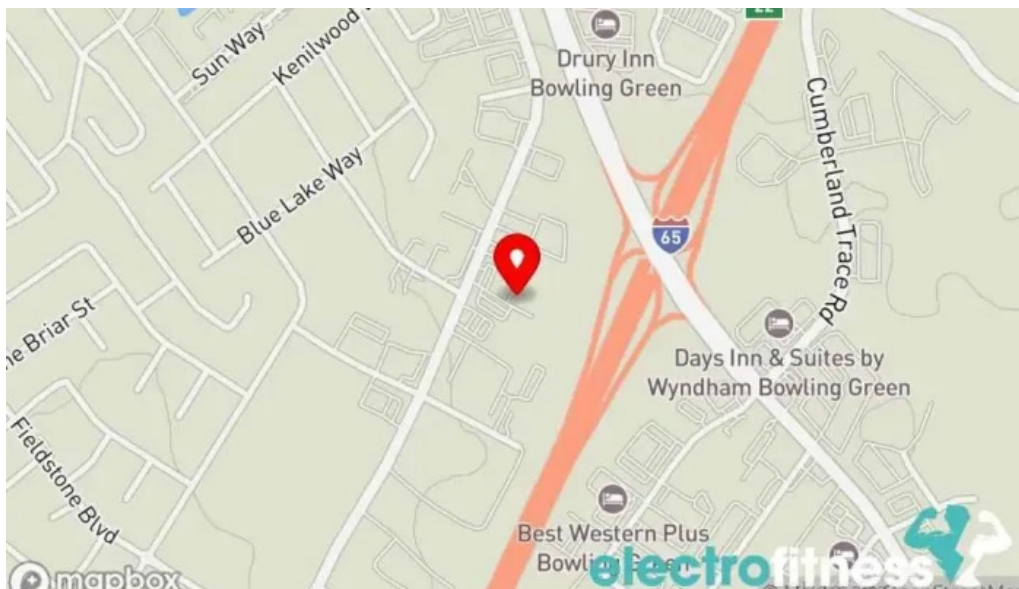
Images



Total fitness connection three springs rd bowling green



Total fitness connection three springs rd videos



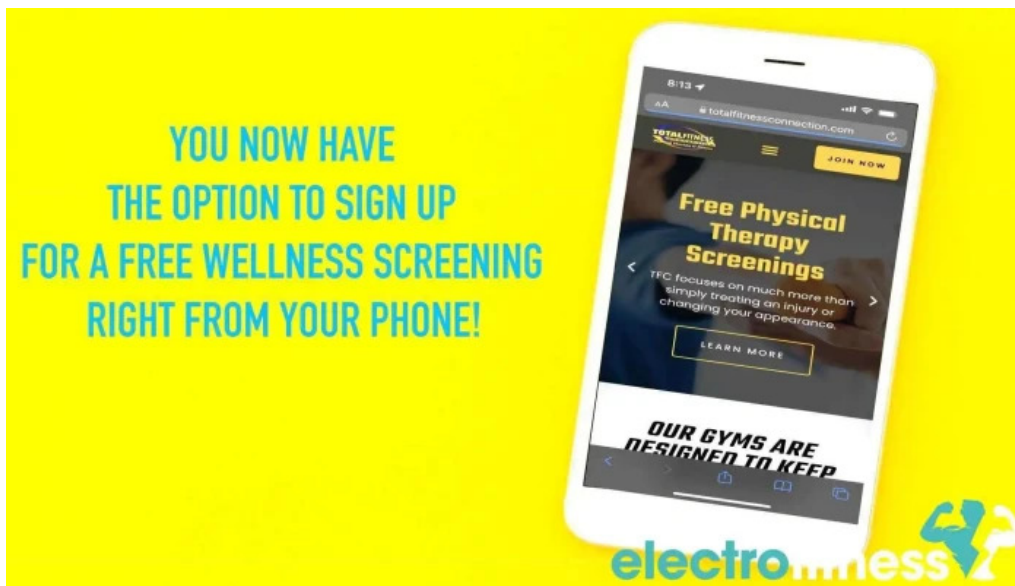
Total fitness connection three springs rd map



Total fitness connection three springs rd gym



Total fitness connection three springs rd by owner



Total fitness connection three springs rd all

Tags

Accessibility, Wheelchair-accessible car park, From the business, Identifies as veteran-owned, Wheelchair-accessible entrance, Wheelchair-accessible toilet, Child care, Amenities, Membership required, Toilet, Planning

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