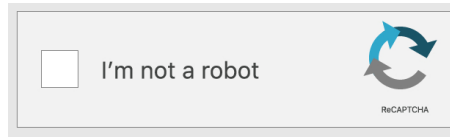


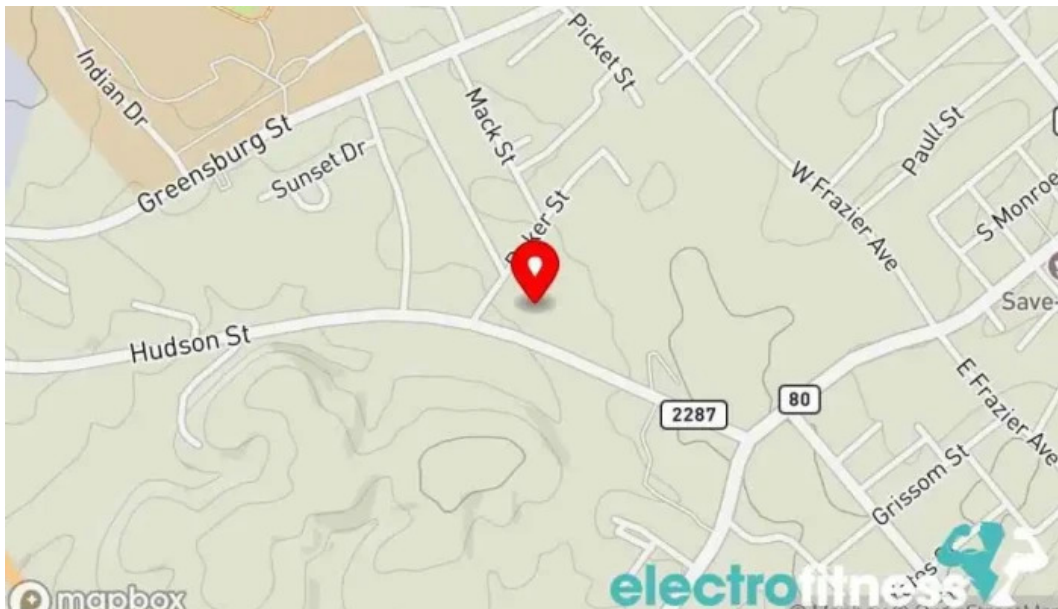
Flex Appeal Fitness - Columbia

columbia



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https://www.electrofitness.com/gym/columbia/flex-appeal-fitness-columbia_198888.php



columbia

Flex Appeal Fitness - Columbia

Discover Flex Appeal Fitness in Columbia, Kentucky

Flex Appeal Fitness is not just a gym; it's a community dedicated to helping individuals reach their fitness goals. With an array of ****amenities**** and a welcoming atmosphere, this facility stands out among its competitors.

Amenities That Enhance Your Experience

At Flex Appeal Fitness, you'll find state-of-the-art equipment suitable for power lifters, bodybuilders, and casual gym-goers alike. Many members rave about the unique machines that can't be found in other gyms, ensuring that workouts stay

challenging and effective. Additionally, the facility offers ****Wi-Fi****, allowing members to stay connected while they train. This connectivity can be particularly useful for those who like to track their workouts or follow online fitness routines.

Accessibility for Everyone

Flex Appeal Fitness is designed with ****accessibility**** in mind. The gym features a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, making it easy for everyone to join in on the fitness journey. This commitment to inclusivity is reflected in the supportive culture fostered among its members.

Planning Your Visit

When planning a workout at Flex Appeal Fitness, it's essential to be aware that during peak hours, certain facilities may experience high traffic. Some members have noted that the singular bathroom can be occupied frequently. It's advisable to arrive prepared, especially if you expect a long session. Despite this minor inconvenience, many have praised the ****friendly atmosphere**** where both staff and members are respectful and helpful. Newcomers often feel at ease, making it an ideal place for anyone starting their fitness journey.

Membership Required for an Exceptional Experience

To become part of this vibrant community, a ****membership is required****. Fortunately, many members believe that the value provided by the gym far outweighs the cost. With knowledgeable trainers and a well-maintained environment, Flex Appeal Fitness offers a premium experience that encourages personal growth.

Join a Community Focused on Fitness

Whether you're serious about fitness or looking to make a lifestyle change, Flex Appeal Fitness provides the support and resources you need. With friendly staff, top-notch facilities, and an inviting environment, it's no wonder many call it their second home. In conclusion, if you're in Columbia, Kentucky, and in search of a gym that prioritizes both quality and community, look no further than Flex Appeal Fitness. Join today and experience the positive vibes and exceptional workout conditions for yourself!

Our premises are located at

306 Hudson St, 42728 Columbia, Kentucky - United States (US)

The contact line of the respective **Gym** is +1270-380-1348

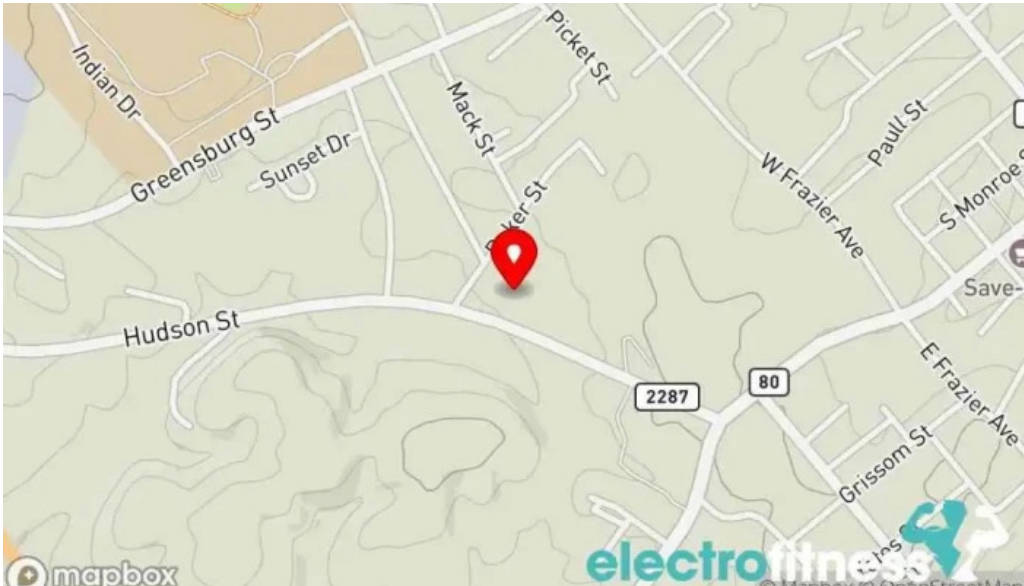
And if you want to send a WhatsApp, you can do so at +1270-380-1348

Our service hours are:

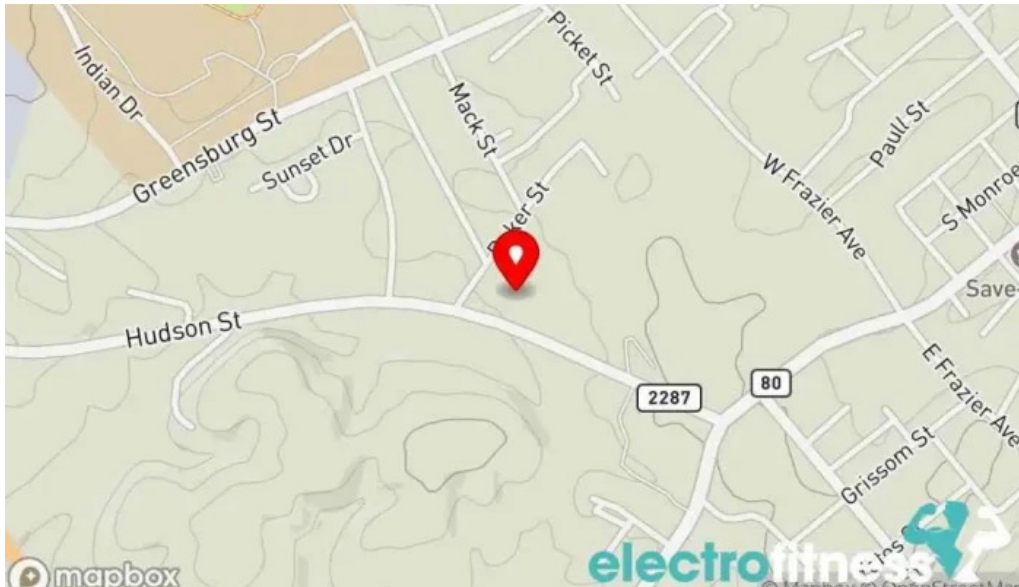
Day	Hours
Monday	10?AM–6?PM
Tuesday	Closed
Wednesday	Closed
Thursday	Closed
Friday	10?AM–6?PM
Saturday	10?AM–6?PM
Sunday	10?AM–6?PM

In case you want to update any element that you feel is not precise concerning this portal, please forward a message and we will handle it as soon as possible. In advance thanks for your cooperation.

Images



Flex appeal fitness map



Flex appeal fitness columbia

Tags

Wheelchair-accessible entrance, Planning, Wheelchair-accessible car park, Amenities, Membership required, Wi-Fi, Accessibility

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