

## The Grande - Franklin

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## The Grande - Franklin

### Welcome to The Grande Gym in Franklin, Kentucky

If you are searching for a gym that not only supports your physical fitness journey but also creates a welcoming community, look no further than **\*\*The Grande\*\***. Nestled in the heart of Franklin, Kentucky, this facility offers everything you need to achieve your health goals with ease and comfort.

### Accessibility and Amenities

The Grande ensures that everyone has access to its facilities. With a **\*\*wheelchair-accessible car park\*\*** and a **\*\*wheelchair-accessible entrance\*\***,

you can enjoy your workout without barriers. The gym's **toilet** facilities are also accessible for all members, making it a convenient choice for everyone. In addition to accessibility, The Grande is equipped with **Wi-Fi** throughout the premises, allowing you to stay connected while you work out. This is particularly beneficial for those who prefer to follow online workouts or engage with fitness apps during their sessions.

## **On-Site Services and Classes**

One of the standout features of The Grande is the variety of **on-site services** available. From personal training options to an array of engaging classes such as Pilates, Yoga, and DanceFit, you'll find something that fits your fitness style. Members have praised the **motivating instructors** who are always ready to assist, especially if you require modifications due to past injuries. The facility also includes a **sauna**, providing the perfect spot to unwind after an intense workout. This added amenity enhances the overall experience at The Grande, making it more than just a gym – it's your wellness sanctuary.

## **Community Atmosphere**

One of the most frequently highlighted aspects of The Grande is its atmosphere. Many members describe it as a **welcoming** and **friendly environment** where everyone feels like family. Whether you are a newcomer or a seasoned gym-goer, you will feel supported by both staff and fellow members. The gym fosters a community that builds each other up, making your fitness journey enjoyable and motivating.

## **Flexible Parking Options**

Parking is never an issue at The Grande. With a **free parking lot** readily available, you can easily access the gym without the stress of finding a space. This convenience allows you to focus solely on your workout routine.

## **A Women-Owned Business**

The Grande proudly identifies as a **women-owned business**, which adds a unique touch to the community spirit. This aspect resonates with many members, who appreciate supporting a local business that empowers women in fitness and health.

## **Conclusion**

Joining The Grande is more than just signing up for a gym; it's about becoming part of a supportive community dedicated to personal growth and health. With its **variety of amenities**, **clean facilities**, and passionate staff, it's no wonder why so many members rave about their experiences. If you haven't visited yet, come and see for yourself why The Grande is the best gym in Franklin!

## You can find us in

707 E Cedar St, 42134 Franklin, Kentucky - United States (US)

The contact line of the mentioned **Gym** is +1270-776-0462

And if you want to send a WhatsApp, you can do so at +1270-776-0462

## Our public attention hours are:

Day	Hours
Monday	5?AM–8?PM
Tuesday	5?AM–8?PM
Wednesday	5?AM–8?PM
Thursday	5?AM–8?PM
Friday	8?AM–2?PM
Saturday	Closed
Sunday	5?AM–8?PM

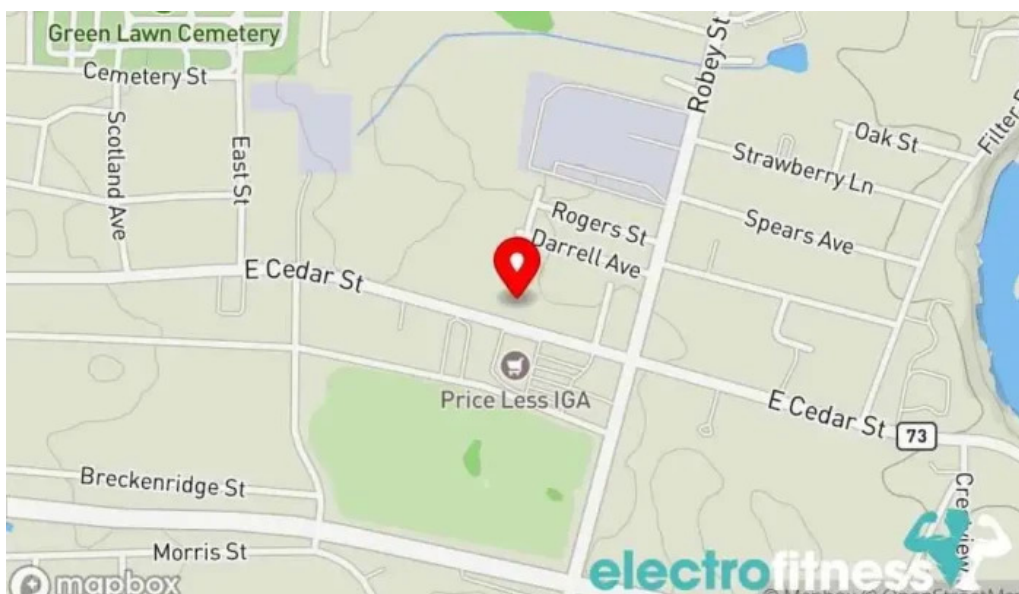
The website is The Grande

In case you want to adjust any data that you consider is not accurate about this portal, we ask send us a message and we will adjust it as soon as possible. Thanks beforehand we appreciate it.

## Images



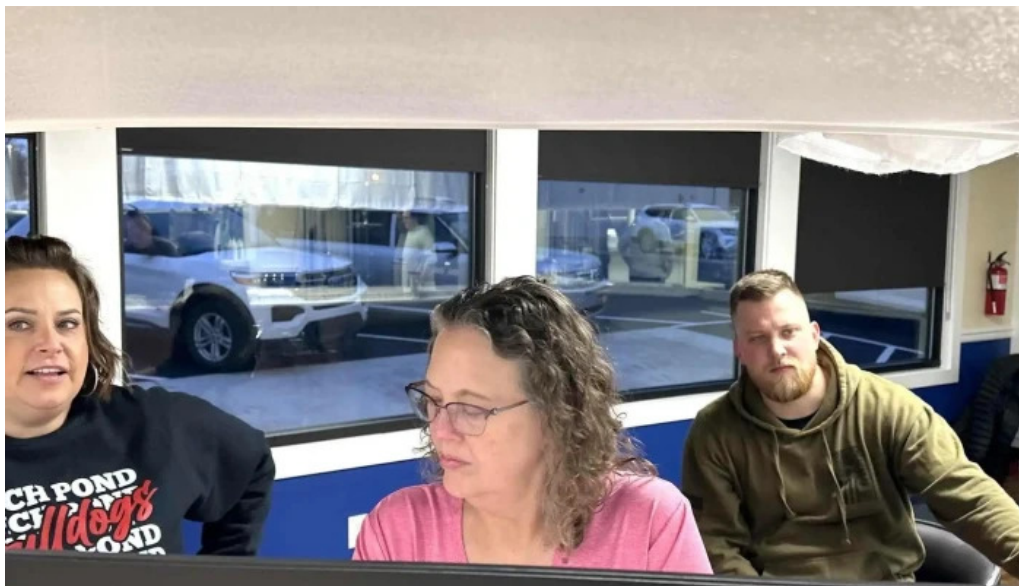
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*The grande gym*

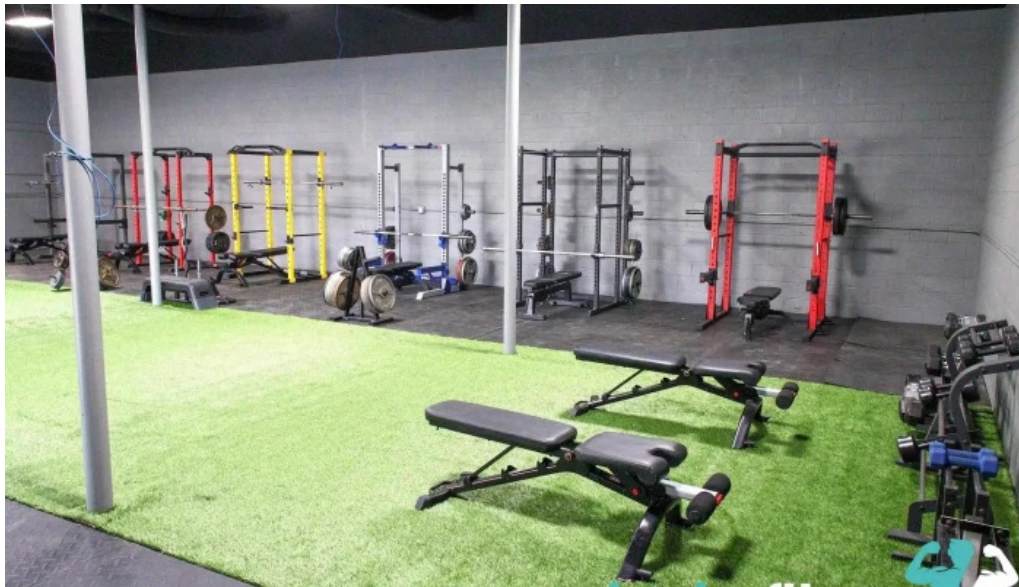




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## Tags

*From the business, Amenities, Toilet, On-site services, Sauna, Free parking lot, Service options, Wheelchair-accessible car park, Wheelchair-accessible entrance, Parking, Accessibility, Wi-Fi, Identifies as women-owned*

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dance school
day spa
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educational institution
elementary school
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firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
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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
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