

Fitness by Holly, Inc. - New Castle

new castle

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new castle

Fitness by Holly, Inc. - New Castle

Discover Fitness by Holly, Inc. in New Castle, Virginia

Welcome to ****Fitness by Holly, Inc.****, a premier gym located in New Castle, Virginia, dedicated to helping you achieve your fitness goals. This women-owned facility offers a variety of services and amenities designed with your comfort and success in mind.

Amenities and Accessibility

At Fitness by Holly, members can expect a wide range of ****amenities**** that enhance their workout experience. From a ****wheelchair-accessible entrance****

and car park to clean restrooms and showers, the gym ensures that everyone can enjoy their time here comfortably. The ****atmosphere**** is welcoming and motivating, making it easy to stay focused on your fitness journey. Moreover, the facility provides ****free of charge street parking****, allowing you to conveniently access the gym without added stress.

Service Options and Planning

Fitness by Holly encourages smart ****planning**** for your fitness journey. With ****membership required****, you gain access to not only the gym facilities but also a supportive community and various ****on-site services****. Whether you're looking for personal training, nutrition coaching, or engaging in ****online classes****, Holly's expertise is unmatched. Holly is known for her exceptional knowledge as a nutrition and fitness coach. Clients have expressed their appreciation for her comprehensive approach to health and fitness. She empowers individuals to reach their goals in sustainable ways, guiding them through every step of the process.

Experience Quality Coaching

The coaching at Fitness by Holly is hailed as outstanding. Many clients describe Holly as a fantastic professional who helps individuals through tailored programs, including boot camps and personal training sessions. With over 18 years of experience, she is committed to her clients' success, often praised for her ability to inspire and motivate.

Wi-Fi and Comfort Features

While you focus on your workouts, ****Wi-Fi**** is available throughout the gym, ensuring you stay connected or track your progress online. Additionally, the gym features essential comforts such as towels and spray cleaner, allowing members to maintain cleanliness while using equipment.

Join the Community

Being a part of Fitness by Holly means joining a vibrant community driven by health and well-being. Members appreciate the camaraderie and support they find here. As one satisfied client mentioned, "I enjoy my time here," and this sentiment echoes throughout the gym. In conclusion, if you're looking for a nurturing environment with comprehensive services, look no further than Fitness by Holly, Inc. Schedule your appointment today and take the first step towards a healthier, more fulfilling lifestyle.

Our premises are located at

204 Main St, 24127 New Castle, Virginia - United States (US)

The phone of this **Gym** is +1540-765-7081

And if you want to send a WhatsApp, you can do so at [+1540-765-7081](https://www.whatsapp.com/channel/0029va833333333333333333)

Our business hours are:

Day Hours

Monday
4:30?AM–10:30?PM

Tuesday
4:30?AM–10:30?PM

Wednesday
4:30?AM–10:30?PM

Thursday
4:30?AM–10:30?PM

Friday
4:30?AM–10:30?PM

Saturday
4:30?AM–10:30?PM

Sunday
4:30?AM–10:30?PM

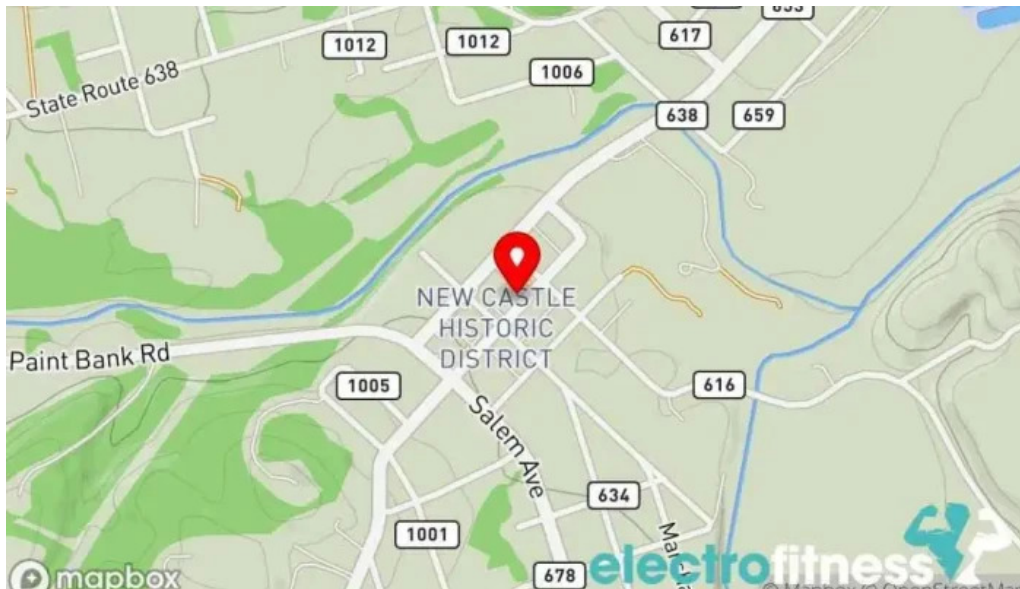
The website is [Fitness by Holly, Inc.](https://www.fitnessbyholly.com)

If necessary to change any element that you feel is not accurate regarding this web, please deliver a message and we will correct it as soon as possible.
With anticipation thanks.

Images



Fitness by holly inc new castle



Fitness by holly inc map



Fitness by holly inc by owner



Fitness by holly inc all

Tags

Parking, Shower, From the business, Wi-Fi, Accessibility, Toilet, Wheelchair-accessible car park, Free of charge street parking, On-site services, Online classes, Membership required, Appointment required, Identifies as women-owned, Wheelchair-accessible entrance, Amenities, Service options, Planning, Atmosphere

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Comments

Aaron Cruz

09-05-25 05:04

This gym is absolutely brilliant, mate! It's got all the tools you need to smash your fitness targets. Holly is an absolute wizard when it comes to fitness – she can help you with coaching, fitness programs, boot camp, classes, personal training, and much more! I can't recommend it enough! Cheers!

Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
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auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
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boxing gym
boxing ring
children's party service
chiropractor
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community center
convenience store
counselor

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
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
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
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
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sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
tanning salon
tennis club
thrift store
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women's organization
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wrestling school
yoga instructor
yoga studio
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