

Koa Strength and Fitness - Oak Ridge

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Koa Strength and Fitness: A Community Gym in Oak Ridge, Tennessee

Koa Strength and Fitness is not just another gym; it's a welcoming community where individuals of all fitness levels can thrive. Located in Oak Ridge, Tennessee, Koa offers an inclusive environment that caters to everyone, from beginners to seasoned athletes.

Service Options at Koa

Koa provides a variety of ****on-site services**** including personal training, group classes, and individual workout sessions tailored to meet personal fitness goals.

Their service options are designed to empower members and help them achieve their desired results in a supportive setting.

Accessibility for All

Koa Strength and Fitness is committed to inclusivity with a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****. The facility ensures that everyone can participate in fitness activities regardless of their physical abilities. This thoughtful approach to ****accessibility**** makes Koa a standout choice for those seeking a judgment-free zone to work out.

From the Business: A Unique Experience

At Koa, there's no pressure or sales tactics. Many members have shared their experiences about how they initially intended just to check out the gym but ended up staying due to the welcoming atmosphere and excellent coaching. One member remarked, "Walking in that door was truly life-changing," highlighting the profound impact Koa has on its members' lives.

Online Classes: Flexibility to Train Anywhere

In addition to on-site services, Koa also offers ****online classes****, making it easier for those with busy schedules or who prefer working out at home to stay connected with their fitness goals. This flexibility ensures that members can continue to engage with the Koa community no matter their location.

A Women-Owned Empowerment Space

Koa Strength and Fitness proudly ****identifies as women-owned****, creating a space that emphasizes empowerment and support among its members. The female-led coaching staff, including renowned coaches like Kelley and Sarah, work diligently to provide personalized attention to each client, ensuring they receive the guidance they need to succeed.

Membership Requirements

To maintain the close-knit community atmosphere, ****membership is required**** at Koa. Members often express gratitude for the sense of family fostered within the gym. As one member stated, "Koa has literally changed my life. It's a family, not just a gym."

Join the Koa Community Today!

If you're looking for a gym that prioritizes community, expert coaching, and a supportive environment, Koa Strength and Fitness in Oak Ridge is the ideal choice. Whether you're seeking accountability, motivation, or a space to simply do your own thing, Koa has something special to offer everyone. Sign up today and discover the difference of training in a place where you are truly valued!

Our location is in

697 Emory Valley Rd D, 37830 Oak Ridge, Tennessee - United States (US)

The contact phone of the mentioned **Gym** is +1865-276-8155

And if you want to send a WhatsApp, you can do so at +1865-276-8155

You can visit us at the following hours:

Day Hours
Monday
5?AM–8?PM
Tuesday
5?AM–8?PM
Wednesday
5?AM–8?PM
Thursday
5?AM–8?PM
Friday
5?AM–6?PM
Saturday
8?AM–4?PM
Sunday
2–6?PM

The website is Koa Strength and Fitness

If you need to alter any detail that you believe is not precise related to this web, we urge you to deliver a message so we can we will adjust it quickly. With anticipation thanks.

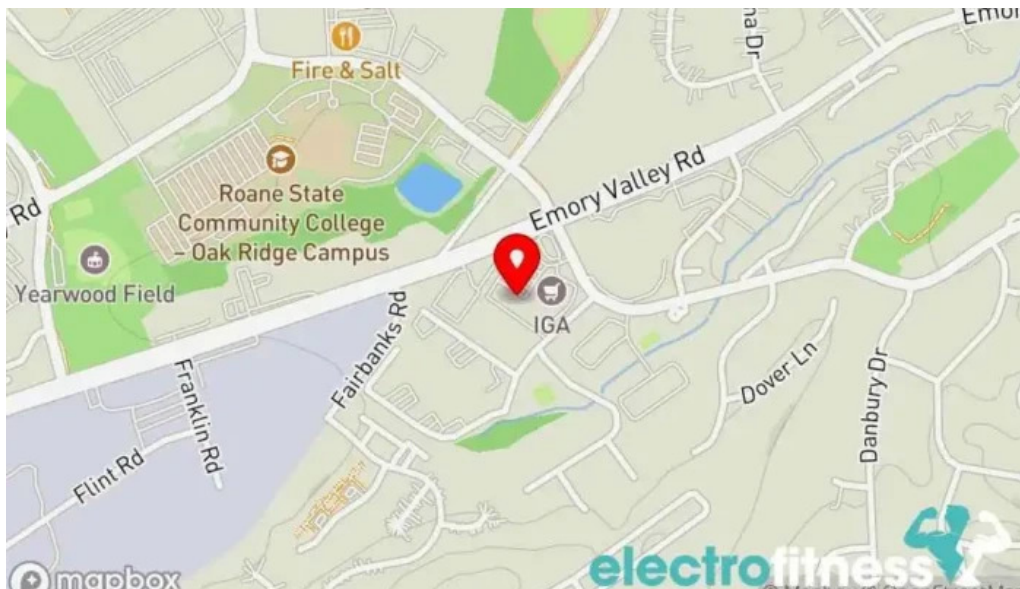
Images



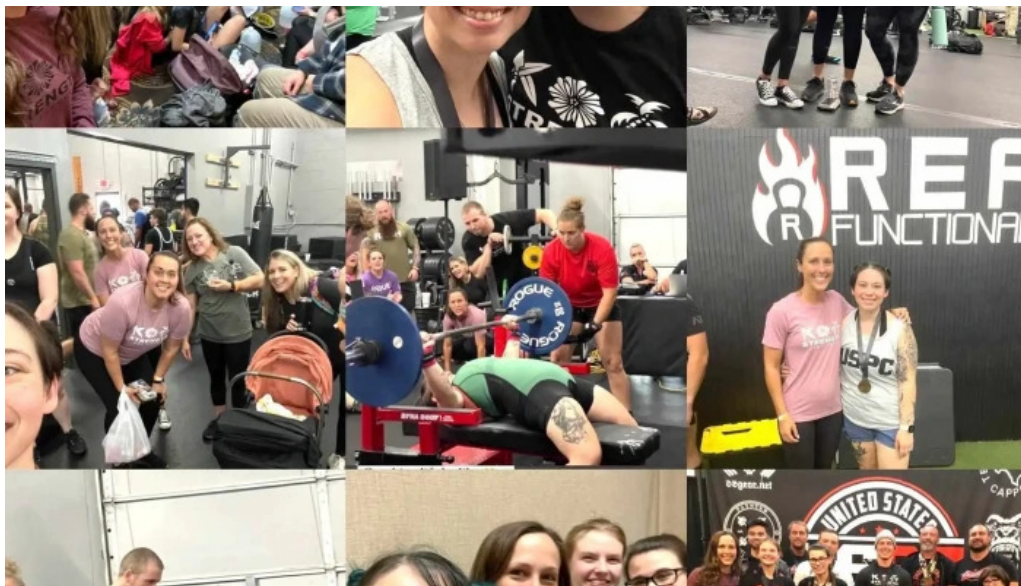
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Tags

Service options, On-site services, Planning, Online classes, Accessibility, Wheelchair-accessible car park, Identifies as women-owned, Wheelchair-accessible entrance, Membership required, From the business

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fitness center
fitness equipment wholesaler
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gated community
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water park
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weightlifting area
wellness center
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yoga instructor
yoga studio
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