

National Fitness - Oak Ridge

oak ridge

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National Fitness - Oak Ridge

Discover the National Fitness Center in Oak Ridge, Tennessee

The ****National Fitness Center**** (NFC) located in Oak Ridge, Tennessee, is not just a gym—it's a community hub for fitness enthusiasts and families alike. With a variety of service options and amenities, NFC stands out as an ideal place to achieve your health and wellness goals.

Amenities and On-Site Services

At NFC, members can take advantage of exceptional facilities including an ****indoor swimming pool****, a ****basketball court****, and various ****weight machine**

areas**. The gym is equipped with everything you need for a comprehensive workout, from free weights to cardio machines, ensuring that every member can find their preferred way to exercise. NFC also offers **child care services** during gym hours, providing a safe environment for kids while parents focus on their fitness routines. Furthermore, the facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it inclusive for all individuals.

Atmosphere and Community Engagement

The atmosphere at NFC is designed to be welcoming and motivational, as highlighted by numerous member testimonials. Many have noted the friendliness of the staff, who often go above and beyond to create a positive experience. General Manager Josh Vandergriff is frequently recognized for his hands-on approach and dedication to maintaining a clean and supportive environment. In addition to individual workouts, NFC organizes family events like **trunk or treats** and kids' **triathlons**, reinforcing its commitment to community engagement. These activities not only foster a sense of belonging but also promote an active lifestyle for families within Oak Ridge.

Group Classes and Offerings

NFC offers a variety of group classes including **Les Mills programs**, which are particularly popular among members. Instructors like Melissa James inspire participants with energetic sessions such as Body Pump and Body Combat, ensuring that workouts remain fun and engaging. With the inclusion of both high-energy classes and more gentle exercises, there is something for everyone. Class offerings are complemented by additional amenities like a **sauna** and **showers**, perfect for post-workout relaxation and convenience.

Membership and Accessibility Considerations

While a membership is required to access these fantastic offerings, NFC provides flexible plans for families and individuals alike. However, prospective members should carefully review contract terms to fully understand the commitments involved. Although some reviews mention challenges regarding contract renewals, many members express satisfaction with the gym's overall value once they experience the facilities and services. Overall, NFC Oak Ridge positions itself not just as a gym but as a vital part of the Oak Ridge community. It offers an array of features that cater to diverse fitness needs while promoting a healthy and active lifestyle. Whether you're looking to swim laps, engage in group classes, or simply enjoy a friendly environment, the National Fitness Center is ready to help you meet your fitness aspirations.

We are established at

750 Briarcliff Ave, 37830 Oak Ridge, Tennessee - United States (US)

The contact phone of this **Gym** is +1865-483-6868

And if you want to send a WhatsApp, you can do so at +1865-483-6868

We are open during the following hours:

Day Hours
Monday
5?AM–12?AM
Tuesday
5?AM–12?AM
Wednesday
5?AM–12?AM
Thursday
5?AM–12?AM
Friday
5?AM–12?AM
Saturday
8?AM–8?PM
Sunday
12–6?PM

The website is National Fitness

If you require to adjust any element that you feel is not correct concerning this web, we kindly request send a message so that we will handle it at the earliest convenience. Thanks beforehand we appreciate it.

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National fitness oak ridge



National fitness map



National fitness gym



National fitness all



National fitness address

Tags

Accessibility, Child care, Offerings, Wheelchair-accessible entrance, On-site services, Membership required, Atmosphere, Service options, Basketball court, Swimming pool, Wheelchair-accessible car park, Shower, Sauna, Planning, Amenities

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metaphysical supply store
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wellness center
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