

The Gymnasium Fitness & Nutrition - Rutland

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The Gymnasium Fitness & Nutrition - Rutland

The Gymnasium Fitness & Nutrition: Your Ultimate Fitness Destination in Rutland, Vermont

Welcome to **The Gymnasium Fitness & Nutrition**, a premier gym located in beautiful Rutland, Vermont. This fitness haven is not just about working out; it's about creating a supportive community where everyone can thrive on their fitness journey. With a variety of **online classes** and personalized service options, this gym caters to all fitness levels.

Exceptional Service Options

At The Gymnasium, the focus is on **on-site services** that cater to your individual needs. From professional trainers to nutrition advice, the staff is dedicated to helping you achieve your fitness goals. Many members have shared glowing reviews about the expert guidance offered, with one stating that the staff genuinely cares about individual fitness journeys.

Accessible Fitness for Everyone

This women-owned gym prides itself on being **wheelchair-accessible** and offers a **wheelchair-accessible car park** for those who need it. The Gymnasium ensures that everyone feels welcome, regardless of age or ability. With free parking lots available, accessing the gym has never been easier.

Enjoy the Best Classes and Community

The Gymnasium hosts a wide range of classes designed to keep you engaged and motivated. From challenging HIIT sessions to relaxing yoga classes led by experienced instructors, there's something for everyone. Members rave about the positive and encouraging atmosphere, making it feel like a second home. One member even reported losing 12 pounds in just five weeks thanks to the tailored nutrition plan and workouts provided by the staff.

Online Classes for Convenience

For those who prefer to work out at home, The Gymnasium offers **online classes**, ensuring you can stay fit no matter where you are. This flexible approach allows more members to participate in high-quality workouts without the need to commute. The unlimited Zoom-only membership is particularly popular, providing affordability and accessibility.

Why Choose The Gymnasium?

With countless positive testimonials highlighting the outstanding environment, cleanliness, and friendly staff, it's clear why The Gymnasium is considered one of the best gyms in Rutland. Whether you're a fitness enthusiast or just starting your journey, this welcoming space is designed to help you succeed. As one satisfied member put it, "I've never felt like I didn't belong or out of shape" at The Gymnasium.

Join the Fun Today!

Experience the vibrant community at The Gymnasium Fitness & Nutrition.

Whether you're looking for structured programs, friendly staff support, or simply a clean and motivating environment, this gym has everything you need. Don't miss out; come and join today!

We are located at

11 Cottage St, 05701 Rutland, Vermont - United States (US)

The contact line of this **Gym** is +1802-773-5333

And if you want to send a WhatsApp, you can do so at +1802-773-5333

We are available at these times:

Day	Hours
Monday	7?AM–3?PM
Tuesday	8?AM–3?PM
Wednesday	5?AM–9:30?PM
Thursday	5?AM–9:30?PM
Friday	5?AM–9:30?PM
Saturday	5?AM–9:30?PM
Sunday	5?AM–8?PM

The website is The Gymnasium Fitness & Nutrition

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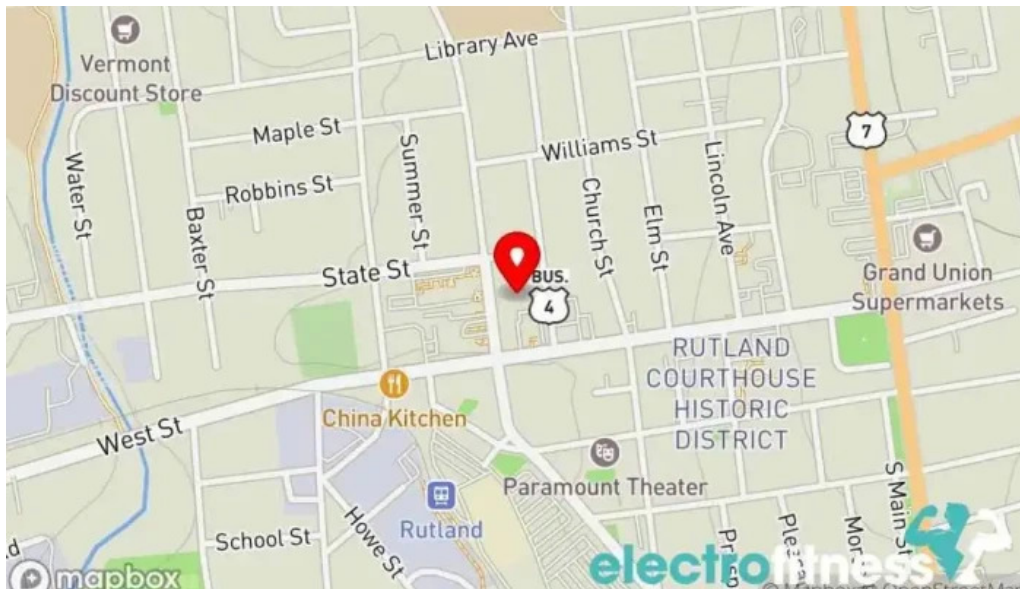
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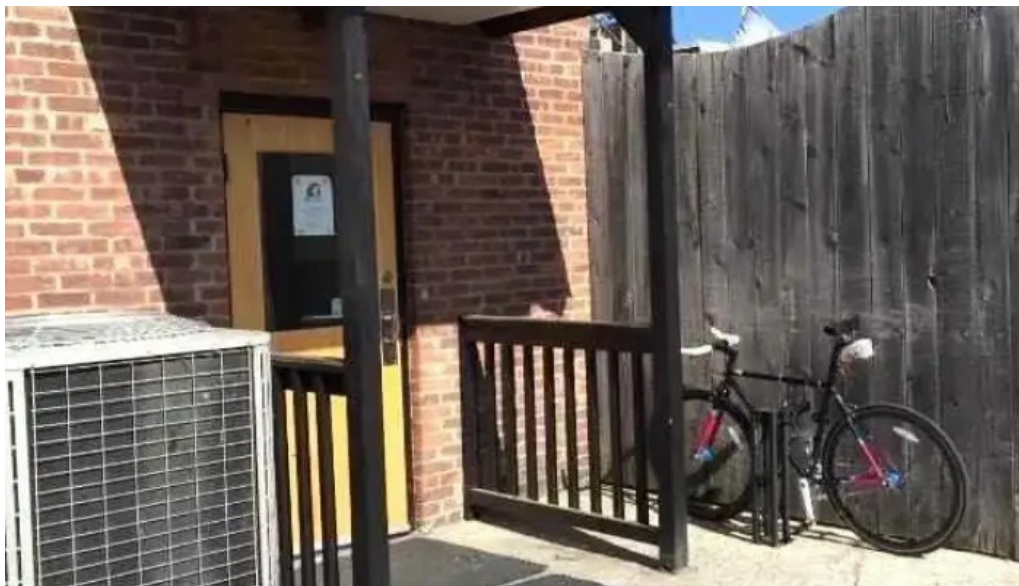
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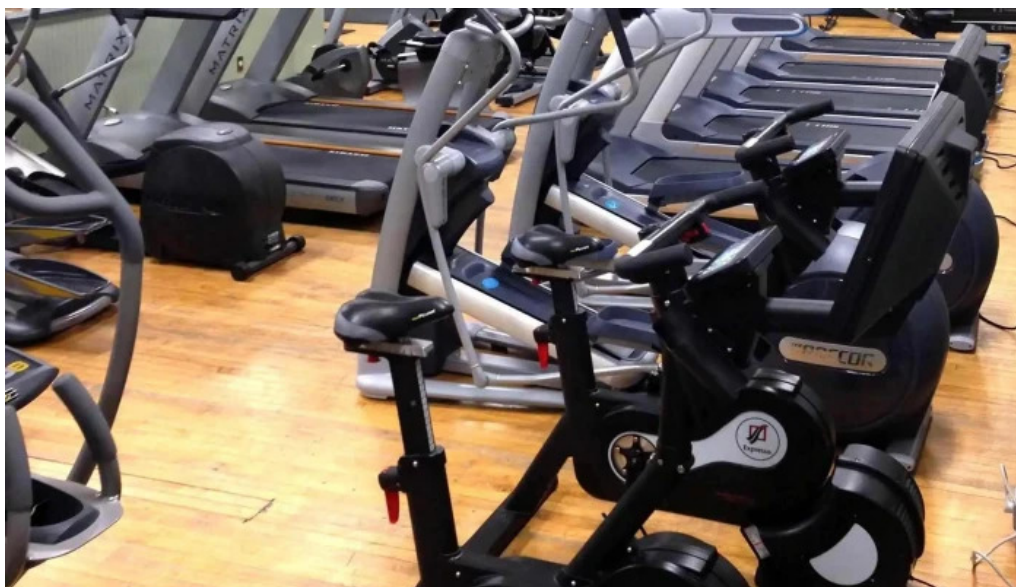
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Tags

Free parking lot, On-site services, Service options, Wheelchair-accessible car park, Paid street parking, Identifies as women-owned, Online classes, Accessibility, Parking, From the business

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