

Nsu Fit Gym and Pool - Tahlequah

tahlequah

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Discover NSU FIT Gym and Pool: Your Ultimate Fitness Destination in Tahlequah, Oklahoma

Welcome to ****NSU FIT Gym and Pool****—the premier fitness facility located in the heart of Tahlequah, Oklahoma. This gym is designed to meet the diverse needs of all fitness enthusiasts, offering a wide range of amenities, including a ****swimming pool****, various ****on-site services****, and unique ****service options**** for everyone.

Exceptional Amenities for Everyone

At NSU FIT Gym and Pool, you will find a variety of amenities that make your workout experience enjoyable and effective. The indoor **swimming pool** is a standout feature, boasting a stunning inflatable obstacle course that makes learning and practicing swimming techniques fun for all ages. With depths ranging from 4ft to 11ft, this pool is perfect for both casual swimmers and serious athletes alike. Additionally, the gym offers a fully-equipped weightlifting area and two full-size basketball courts, ensuring a comprehensive fitness experience. Whether you want to shoot hoops or lift weights, NSU FIT has it all. For those who enjoy outdoor activities, there's also a sand volleyball court ready for thrilling matches with friends and family.

Accessibility Matters

Inclusivity is a priority at NSU FIT Gym and Pool. The facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, allowing guests of all abilities to access the gym with ease. Moreover, the restrooms include **wheelchair-accessible toilets**, ensuring a comfortable environment for everyone.

Your Flexible Workout Options

Membership is required to access the gym, making it an exclusive haven for fitness lovers. With prices starting as low as \$30 for community members, it's an affordable choice for anyone looking to stay fit. The gym even offers a week-long membership for just \$11, providing an excellent opportunity to explore all the services, including **online classes** and special fitness programs like **Jiu-Jitsu**.

Family-Friendly Environment

NSU FIT Gym and Pool is not just about individual workouts; it's a great place for families too. Many patrons enjoy bringing their children or friends, with only a nominal fee for additional guests. With clean facilities, friendly staff members, and a welcoming atmosphere, this gym is perfect for all ages to engage in fitness activities together.

Planning Your Visit

If you're considering a visit to NSU FIT Gym and Pool, plan your workout around the facilities that interest you most. With numerous **service options**, including various classes and open gym sessions, you'll never run out of ways to challenge yourself. Plus, there's always a friendly lifeguard on duty to ensure safety during swim hours. In conclusion, NSU FIT Gym and Pool stands out as one of the best fitness centers in Tahlequah, known for its **clean**, spacious environment and dedicated staff. Whether you're looking to swim, lift, or join a class, NSU FIT has everything you need for a fulfilling workout experience. Come and see why this gym receives such high praise—it's truly a gem in the community!

You can find us in

530 N Oak Ave, 74464 Tahlequah, Oklahoma - United States (US)

The contact phone of said **Gym** is +1918-444-3980

And if you want to send a WhatsApp, you can do so at +1918-444-3980

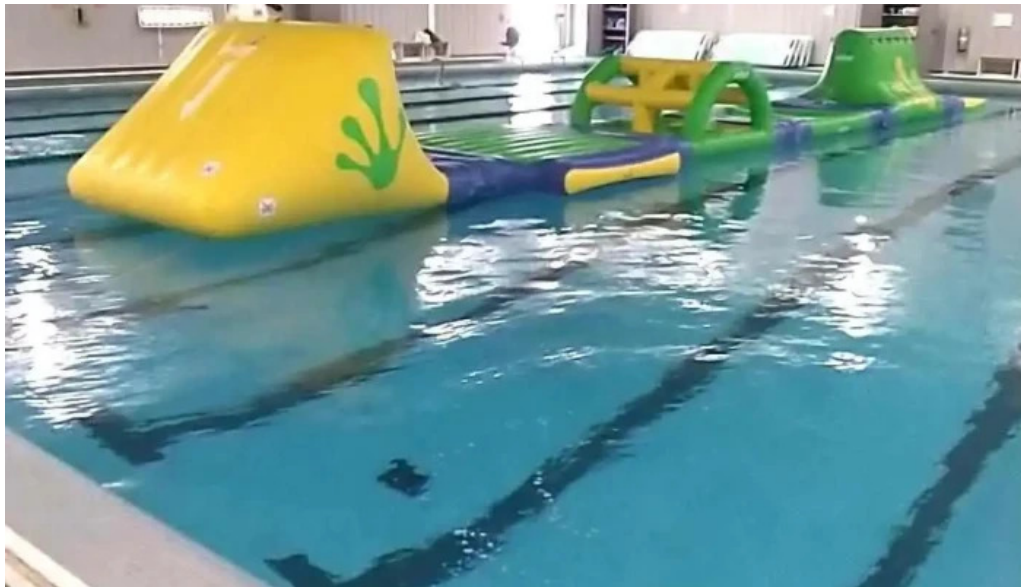
Our public attention hours are:

Day	Hours
Monday	5?AM–9?PM
Tuesday	5?AM–9?PM
Wednesday	8?AM–6?PM
Thursday	Closed
Friday	5?AM–9?PM
Saturday	5?AM–9?PM
Sunday	5?AM–9?PM

The website is NSU FIT Gym and Pool

If necessary to change any data that you consider is not precise regarding this page, we kindly request send a message so we can we will handle it as soon as possible. In advance thank you very much.

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Tags

Service options, On-site services, Wheelchair-accessible toilet, Toilet, Wheelchair-accessible car park, Amenities, Wheelchair-accessible entrance, Online classes, Basketball court, Membership required, Swimming pool, Planning, Accessibility

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