

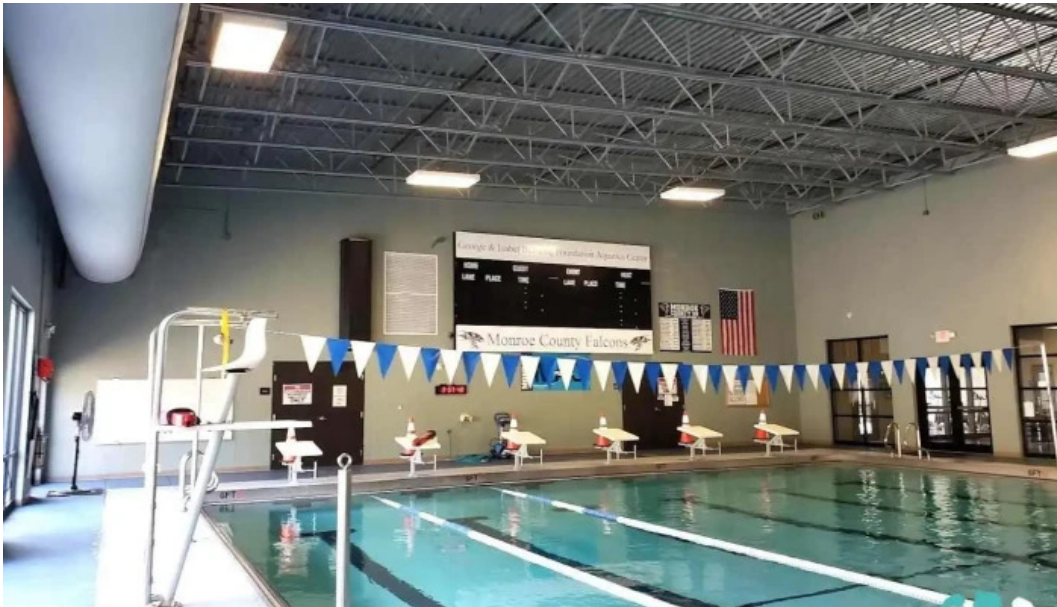
## Monroe County Family Wellness Center - Tompkinsville

tompkinsville

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## *Monroe County Family Wellness Center - Tompkinsville*

### **Discover the Monroe County Family Wellness Center in Tompkinsville, Kentucky**

The **\*\*Monroe County Family Wellness Center\*\*** is an exceptional fitness destination for families, offering a range of amenities that cater to all ages and preferences. Located in the heart of Tompkinsville, Kentucky, this facility has quickly become a favorite among locals and visitors alike.

### **Accessibility Features**

One of the standout features of the gym is its commitment to **accessibility**. The center offers a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can enjoy its facilities. This thoughtfulness extends throughout the gym, making it a welcoming place for all family members.

## **A Variety of Amenities**

Inside the Monroe County Family Wellness Center, you will find a plethora of **amenities** designed to enhance your workout experience. The facility boasts an **indoor swimming pool**, perfect for those looking to incorporate some aquatic exercise into their routine. Additionally, the gym is equipped with free weights, treadmills, exercise bikes, stair masters, and much more. There are also five televisions available for entertainment during your workouts.

## **Affordable Membership Options**

Cost-effective monthly family rates make the Monroe County Family Wellness Center an appealing choice for many. Membership is affordable at around \$30 per month, and the center offers a flexible payment structure including day passes as well as longer-term options.

## **24-Hour Access and Clean Environment**

For fitness enthusiasts, the **24-hour access membership** is a major draw, allowing you to work out at your convenience. The facility is described as **very clean and well maintained**, creating a pleasant environment for exercise. The friendly staff adds to the overall positive atmosphere, contributing to the gym's reputation as a family-friendly space.

## **Programs for All Ages**

The wellness center doesn't just cater to adults; it also offers various sports programs for kids, including soccer. This focus on family engagement makes it an ideal spot for nurturing healthy habits in younger generations.

## **Room for Improvement**

While many patrons rave about their experiences, there are areas for improvement. Some users have noted that the pool temperature can be quite cold, particularly in winter months. There have also been comments regarding staffing issues, specifically with lifeguards. Despite this, the overall consensus is that the facility is well-managed and enjoyable.

## **Conclusion**

In conclusion, the **Monroe County Family Wellness Center** is a gem in Tompkinsville, Kentucky, known for its extensive array of amenities, accessibility features, and a welcoming atmosphere. Whether you're looking to swim, lift weights, or participate in family programs, this center has something for

everyone. With a focus on cleanliness and convenience, it's no surprise that this gym is becoming a cornerstone of community wellness.

**We are at**

160 Old Mulkey Rd, 42167 Tompkinsville, Kentucky - United States (US)

The phone of the respective **Gym** is +1270-487-1184

And if you want to send a WhatsApp, you can do so at +1270-487-1184

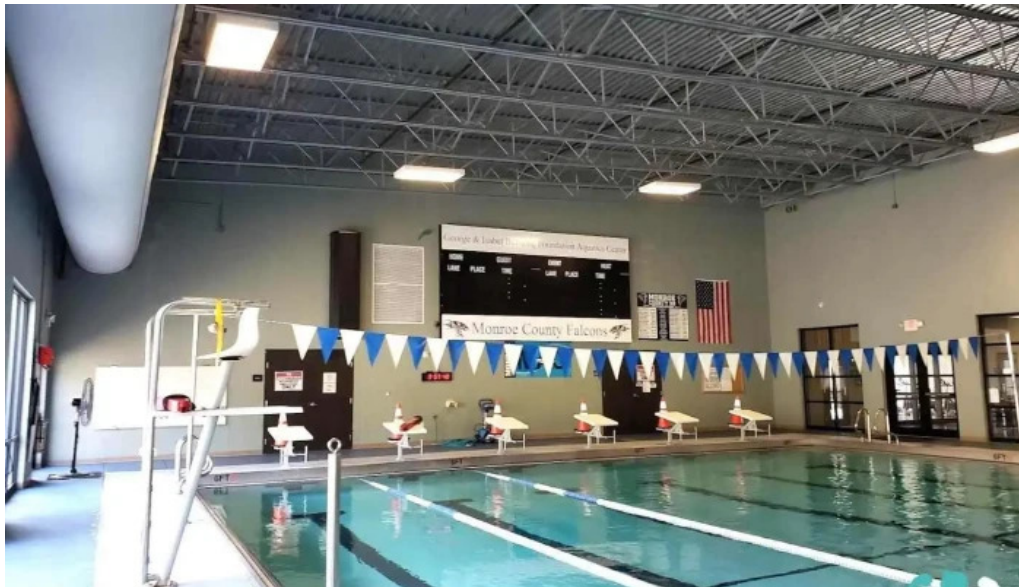
**We are available at these times:**

Day	Hours
Monday	7?AM–6?PM
Tuesday	7?AM–6?PM
Wednesday	7?AM–6?PM
Thursday	7?AM–3?PM
Friday	8?AM–3?PM
Saturday	Closed
Sunday	7?AM–8?PM

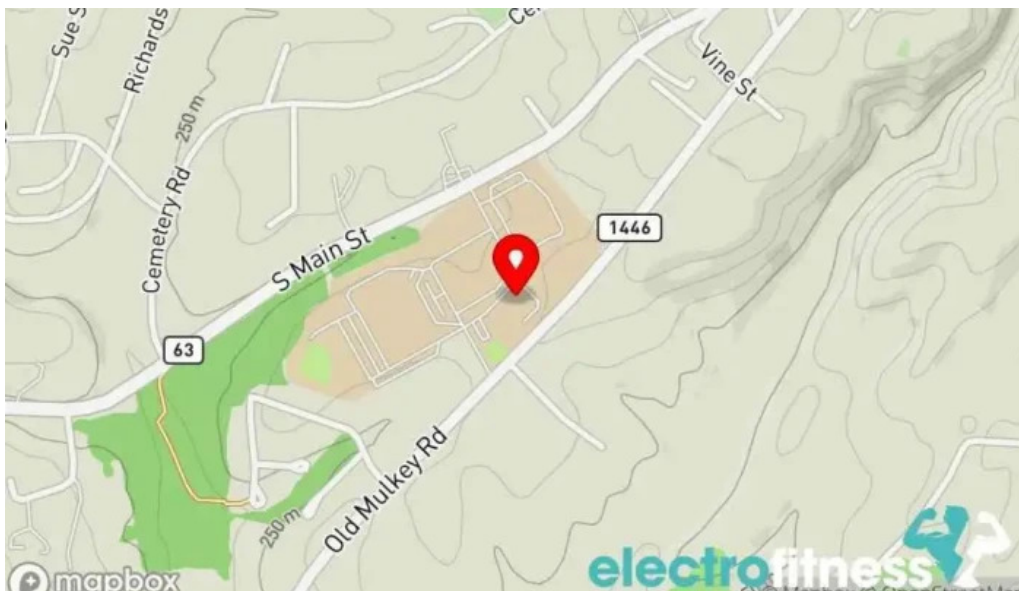
The website is Monroe County Family Wellness Center

If you wish to alter any data that you consider is incorrect about this portal, we ask send us a message so we can we will handle it at the earliest convenience. In advance thank you very much.

## Images



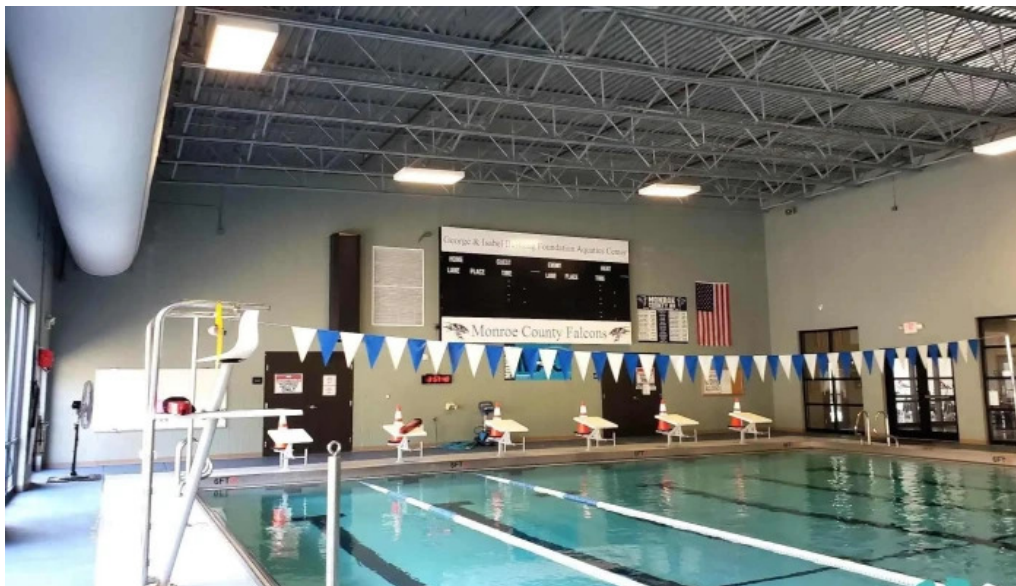
*Monroe county family wellness center tompkinsville*



*Monroe county family wellness center map*

9:00 am	Water Aerobics (Marie)		Water Aerobics (Marie)	
3:45 pm	SPIN/TRX (Jennifer)		SPIN/TRX (Jennifer)	
4:45 pm	TRX (Jennifer)		TRX (Jennifer)	
5:00 pm	Water Aerobics (Cheryl)			
5:30 pm	Yoga (Natalie) *only May 7 <sup>th</sup> and 14 <sup>th</sup> *	Cardio Dance and Tone (Joni)  Yoga (Natalie) *Starts May 29 <sup>th</sup> *	Kickboxing (Allen)	Cardio Dance and Tone (Joni)  MMA (Allen)
6:30 pm				
7:00 pm	Yoga (Natalie) *only May 7 <sup>th</sup> and 14 <sup>th</sup> *	Yoga (Natalie) *Starts May 29 <sup>th</sup> *		

*Monroe county family wellness center gym*



*Monroe county family wellness center all*

## Tags

*Wi-Fi, Amenities, Wheelchair-accessible entrance, Wheelchair-accessible car park, Accessibility, Swimming pool*

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**5.0 \*** *Atlantic County Fitness - Egg Harbor Township*

**4.3 \*** *Ymca Adair County Family Ymca - Kirksville*

**4.4 \*** *Alamance County Community Ymca - Burlington*



<b>4.6 *</b>	<i>Alachua County Sports &amp; Event Center - Gainesville</i>
<b>4.9 *</b>	<i>Adair County Health &amp; Fitness Center - Greenfield</i>
<b>4.1 *</b>	<i>Ywca Gettysburg &amp; Adams County - Gettysburg</i>
<b>4.4 *</b>	<i>Allegany County Human Resources Development Commission - Cumberland</i>
<b>4.5 *</b>	<i>Ecu Health Wellness Center - Ahoskie - Ahoskie</i>
<b>4.5 *</b>	<i>Aiken County Family Ymca - Graniteville</i>

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop

college
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
psychotherapist
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
sports club
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
training centre
vitamin & supplements store
weight loss service
weightlifting area
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women's organization
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