

Resolute Martial Arts & Fitness - Oak Ridge

oak ridge

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Resolute Martial Arts & Fitness - Oak Ridge

Discover Resolute Martial Arts & Fitness in Oak Ridge, Tennessee

Resolute Martial Arts & Fitness stands out as a top choice for martial arts training in Oak Ridge, Tennessee. With a focus on ****community****, ****support****, and ****growth****, this academy not only teaches martial arts techniques but also fosters personal development and confidence in its students.

Accessibility Matters at Resolute

One of the outstanding features of Resolute Martial Arts & Fitness is its

commitment to **accessibility** for all. The facility boasts a **wheelchair-accessible entrance**, ensuring that everyone can participate in their martial arts journey without barriers. Additionally, the gym includes a **wheelchair-accessible car park**, allowing ease of access for those with mobility challenges. Parents can also benefit from the **free parking lot**, making it convenient to drop off and pick up their children.

A Warm and Welcoming Environment

As numerous reviews highlight, the moment you step into Resolute, you are greeted by a friendly atmosphere that feels like family. The owner, Cody, is described as a dedicated instructor who genuinely cares about each student's progress. Students of all ages find themselves in a **supportive community**, where camaraderie thrives alongside healthy competition. Cody's passion for teaching and nurturing talent ensures that classes are engaging and beneficial, whether you're a beginner or have years of experience. The instructors provide personalized feedback, encouraging students to push their limits while remaining supportive throughout their training.

Positive Impact on Young Minds

Parents rave about the impact Resolute Martial Arts has had on their children's confidence and discipline. Students learn important life skills such as respect, perseverance, and teamwork, which extend beyond the mats. Many families note that their children look forward to attending classes, and they have seen significant changes in their demeanor and self-esteem. The structured classes are not only fun but also teach practical self-defense techniques, giving parents peace of mind knowing their kids are learning valuable skills in a safe and encouraging environment.

An Experience Like No Other

Training at Resolute is more than just a workout; it's an enriching experience. Instructors take pride in creating a vibrant culture where students can thrive. It's common to see instructors engaging with younger students during breaks, playing games and assisting them with exercises, fostering a sense of belonging. The school also offers various martial arts styles and classes for different age groups, ensuring that there is something for everyone. Parents appreciate the flexibility of class schedules, fitting smoothly into busy family lifestyles.

Join the Resolute Family Today!

If you're looking to start or continue your martial arts journey, Resolute Martial Arts & Fitness is the place to be. With its emphasis on accessibility, community support, and a positive learning environment, it sets itself apart as a premier martial arts school in East Tennessee. Visit Resolute today and experience firsthand the dedication and spirit that makes this academy truly special!

You can visit us at the address:

1145 Oak Ridge Turnpike, 37830 Oak Ridge, Tennessee - United States (US)

The phone number of the mentioned **Martial arts school** is +1865-466-0876

And if you want to send a WhatsApp, you can do so at +1865-466-0876

Our business hours are:

Day	Hours
Monday	4:30–8:15?PM
Tuesday	4:30–7:30?PM
Wednesday	4:30–8:15?PM
Thursday	4:30–7:30?PM
Friday	Closed
Saturday	7–9:45?AM
Sunday	Closed

The website is Resolute Martial Arts & Fitness

If necessary to update any information that you think is not precise regarding this web, we urge you to send us a message so that we will adjust it at the earliest convenience. With anticipation thanks.

Images



Resolute martial arts fitness street view 360deg



Resolute martial arts fitness schedule



Resolute martial arts fitness photos



Resolute martial arts fitness open now



Resolute martial arts fitness oak ridge



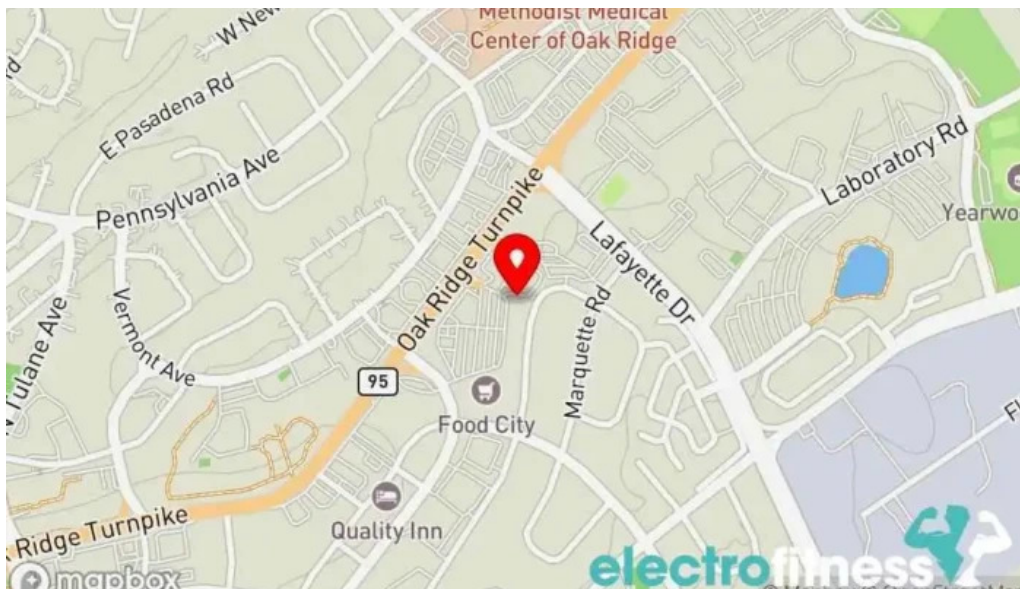
Resolute martial arts fitness number



Resolute martial arts fitness martial arts school



Resolute martial arts fitness martial art



Resolute martial arts fitness map



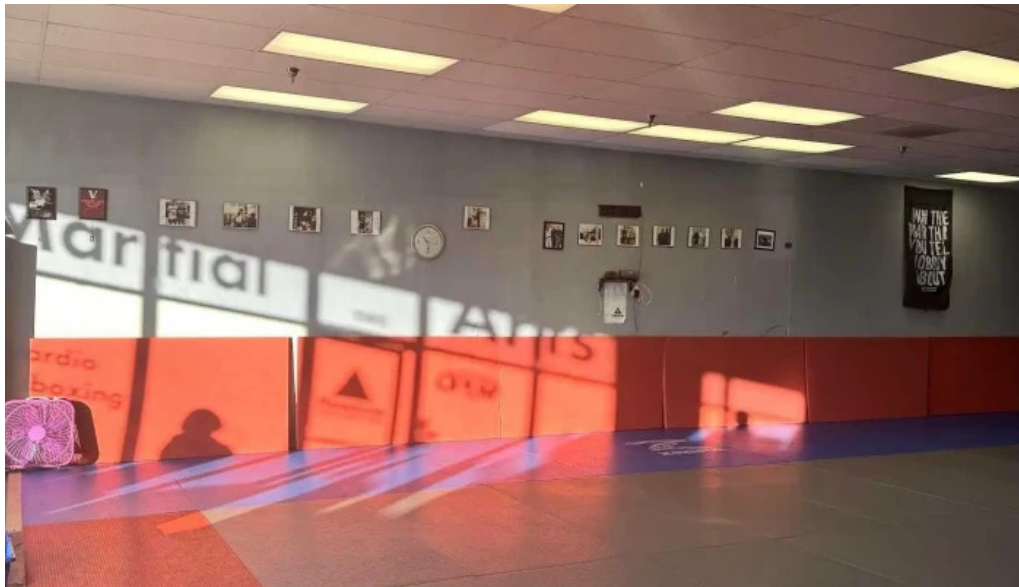
Resolute martial arts fitness location



Resolute martial arts fitness community



Resolute martial arts fitness catalog



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Tags

Free parking lot, Wheelchair-accessible entrance, Parking, Accessibility, Wheelchair-accessible car park

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