

## Rock Hard Fitness - Anchorage

anchorage

☐ I'm not a robot

  
ReCAPTCHA

Published on: 27/05/25	Hits: 40
Comments: 0	See comments
Votes: 4	Score: 3.8

[https://www.electrofitness.com/physical-fitness-program/anchorage/rock-hard-fitness-anchorage\\_341749.php](https://www.electrofitness.com/physical-fitness-program/anchorage/rock-hard-fitness-anchorage_341749.php)



*anchorage*

## *Rock Hard Fitness - Anchorage*

### Rock Hard Fitness: A Comprehensive Physical Fitness Program in Anchorage, Alaska

Nestled in the heart of Anchorage, Rock Hard Fitness offers a dynamic **physical fitness program** designed to help individuals achieve their health and wellness goals. This facility is not only celebrated for its engaging classes but also emphasizes **accessibility** for all members of the community.

## Accessibility at Rock Hard Fitness

One of the standout features of Rock Hard Fitness is its **wheelchair-accessible car park**, ensuring that everyone can access the facilities regardless of mobility challenges. This commitment to inclusivity demonstrates the gym's dedication to accommodating diverse needs, allowing more individuals to participate in their fitness journey.

## Member Experiences

Feedback from members reflects a mix of experiences at Rock Hard Fitness. For instance, one member shared their struggle with fibromyalgia, revealing that while the coach was knowledgeable, there were moments of disagreement regarding health conditions. This highlights the importance of effective communication and understanding individual health issues during fitness programs.

On a more positive note, another member praised the "wonderful engaging coach" and noted the **accommodating schedule for classes** that fits various budgets. The availability of deals, such as Groupin offers, makes it an attractive option for those looking to explore fitness without a significant financial burden.

## Value for Money

Despite some concerns about pricing, many agree that attending classes at Rock Hard Fitness is worth every penny. Members appreciate the personalized attention from trainers, which can make a significant difference in achieving fitness goals.

## Conclusion

Rock Hard Fitness stands out in Anchorage for its commitment to accessibility and providing a variety of fitness options. While experiences may vary, the overall feedback suggests it is a valuable resource for those looking to improve their physical fitness in a supportive environment. Whether you're looking for strength training or toning classes, Rock Hard Fitness has something to offer everyone.

## Our location is in

549 W International Airport Rd a6, 99518 Anchorage, Alaska - United States (US)

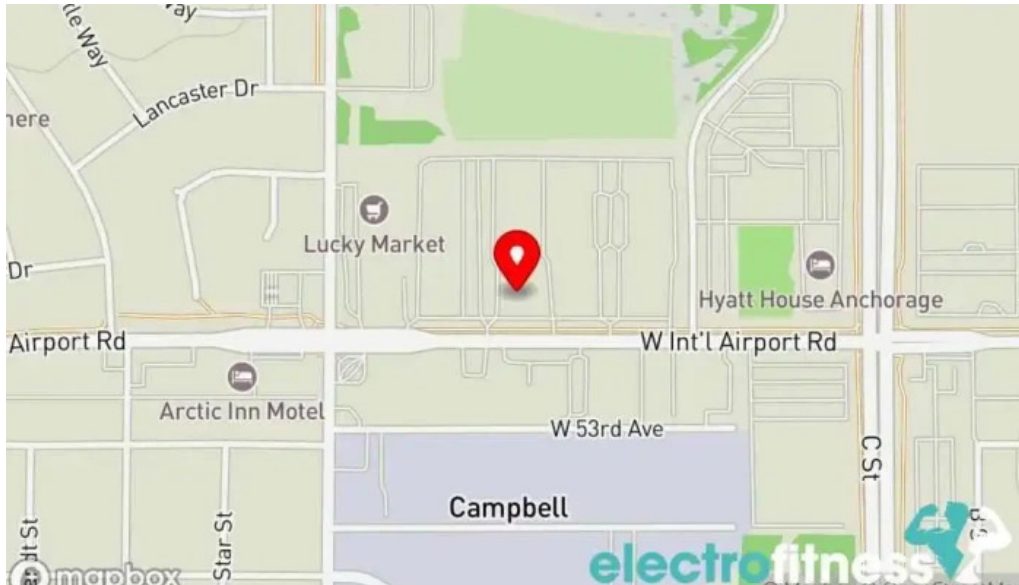
The phone number of said **Physical fitness program** is +1907-222-5251

And if you want to send a WhatsApp, you can do so at +1907-222-5251

The website is Rock Hard Fitness

If you require to adjust any element that you believe is not precise related to this site, we urge you to deliver a message so that we will fix it as soon as possible. In advance thanks.

## Images



*Rock hard fitness map*



*Rock hard fitness anchorage*



*Rock hard fitness all*

## Tags

*Wheelchair-accessible car park, Accessibility*

## Related content

5.0 *	<i>Hard Way Club - Sparks</i>
4.8 *	<i>Hard Training Club Llc - Washington</i>
4.6 *	<i>Diablo Rock Gym - Concord</i>
4.9 *	<i>Tiger-Rock Martial Arts of Lone Tree - Lone Tree</i>
4.6 *	<i>Rock Solid Fitness - Quitman</i>
5.0 *	<i>Rock Solid Fitness - Yakima</i>
5.0 *	<i>Rock Strength &amp; Fitness - Mt Vernon</i>
5.0 *	<i>Rock Steady Boxing Acadiana - Lafayette</i>
5.0 *	<i>Rock Steady Boxing - Bowling Green</i>
4.6 *	<i>Boulderdash Indoor Rock Climbing - Westlake Village</i>

## Categories

academic department
acupuncture clinic

after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school

day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling

indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer



recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social 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
taekwondo school
tanning salon
tennis club
thrift store
training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center



wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization