

## Bowling Green Barbell Club - Bowling Green

bowling green

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*bowling green*

## *Bowling Green Barbell Club - Bowling Green*

### Welcome to Bowling Green Barbell Club: A Hub for Weightlifting Enthusiasts

If you're looking for a supportive and knowledgeable environment to dive into weightlifting, the **Bowling Green Barbell Club** (BGBC) in Bowling Green, Kentucky is the place to be. This facility not only emphasizes top-notch training for Olympic lifting but also fosters a community where athletes of all levels can thrive.

## Accessibility Meets Community Spirit

One of the standout features of BGBC is its **wheelchair-accessible entrance** and **wheelchair-accessible car park**. The club aims to be inclusive for everyone, ensuring that all members of the community can participate in weightlifting and fitness.

## A Women-Owned Initiative

BGBC proudly **identifies as women-owned**, showcasing a commitment to diversity and empowerment in the fitness industry. This aspect of the club not only enriches the community but also inspires many aspiring female athletes who seek to elevate their strength and technique.

## Exceptional Coaching and Training Environment

At BGBC, you will find a **high-quality facility** designed for Olympic weightlifting. Members rave about the **spacious and clean training area** equipped with quality gear. The coaches are dedicated to helping their athletes improve, continually expanding their knowledge to better serve the needs of all attendees.

The coaching staff is comprised of experts in various disciplines, including Olympic lifting, powerlifting, strongman, physical therapy, and nutrition. Whether you're just starting or looking to compete at higher levels, BGBC has the resources and expertise to help you reach your **athletic or fitness goals**.

## A Supportive Community for All Levels

Feedback from members highlights the **welcoming and supportive atmosphere** that BGBC creates. Both beginners and experienced lifters feel at home here. Many have noted improvements in their lifts and overall fitness since joining, thanks to the actionable coaching and motivating environment. As one member stated, "The coaches care about people being stronger in the gym and stronger in life."

## Additional Services and Amenities

Beyond weightlifting, BGBC offers a wide range of services, including advanced techniques for pain relief and sports massage. The knowledgeable and passionate staff ensure that every member receives personalized attention and care. With countless laughs and a friendly gym dog to lighten the mood, BGBC is not just about lifting weights; it's about building a community.

## Join the BGBC Family Today!

If you're serious about wellness and want to train in an environment filled with care, energy, and expertise, look no further than Bowling Green Barbell Club. It's not just a gym; it's a thriving community where everyone can achieve their personal best.

### The address of our establishment is

148 Dishman Ln, 42101 Bowling Green, Kentucky - United States (US)

The contact line of the mentioned **Weightlifting area** is +1612-202-3509  
And if you want to send a WhatsApp, you can do so at +1612-202-3509

### Our business hours are:

Day	Hours
Monday	9?AM–7?PM
Tuesday	9?AM–7?PM
Wednesday	9?AM–7?PM
Thursday	9?AM–6?PM
Friday	10?AM–2?PM
Saturday	Closed
Sunday	9?AM–7?PM

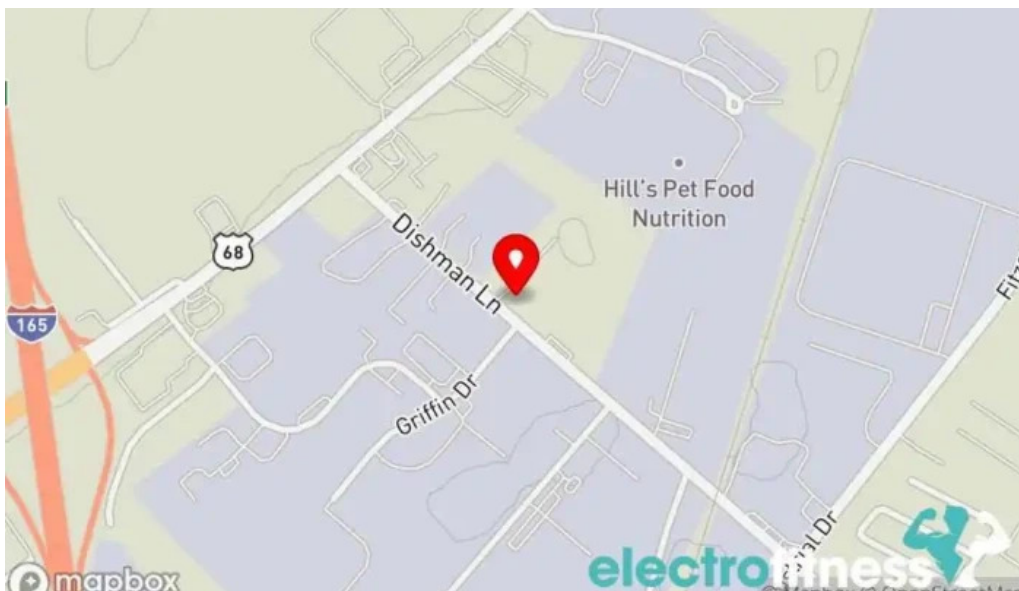
The website is Bowling Green Barbell Club

If necessary to change any data that you believe is incorrect regarding this site, we ask deliver a message so that we will handle it at the earliest convenience. With anticipation thanks for your cooperation.

## Images



*Bowling green barbell club street view 360deg*



*Bowling green barbell club map*



*Bowling green barbell club by owner*



*Bowling green barbell club bowling green*





*Bowling green barbell club all*

## Tags

*Accessibility, Identifies as women-owned, Wheelchair-accessible car park, Wheelchair-accessible entrance, From the business*

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## Comments

**Jordan Watson**

11-05-25 01:32

*This gym is a real gem in the weightlifting scene! The coaches here really know their stuff and practice what they preach. Not only will they whip you into shape, but they also have some top-notch techniques to ease any aches and pains with their sports massage expertise. Top-notch spot for serious lifters.*

## 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
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training centre
vitamin & supplements store
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weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization