

RockBox Fitness Lafayette - Lafayette

lafayette

I'm not a robot 
RECAPTCHA

Published on: 21/03/25	Hits: 759
Comments: 0	See comments
Votes: 69	Score: 4.9

https://www.electrofitness.com/boxing-gym/lafayette/rockbox-fitness-lafayette-lafayette_166204.php



lafayette

RockBox Fitness Lafayette - Lafayette

Discover RockBox Fitness Lafayette: Your Ultimate Boxing Gym Experience

RockBox Fitness Lafayette, located in Lafayette, Louisiana, is more than just a boxing gym; it's a vibrant community transforming lives through fitness. This gym combines the intensity of kickboxing with functional training, creating a unique environment that caters to all fitness levels.

Welcoming Environment for Everyone

One of the standout features of RockBox Fitness is its **wheelchair-accessible

entrance** and **wheelchair-accessible car park**, ensuring that everyone can join in on the fun and challenging workouts. The gym is designed with **accessibility** in mind, making it an inclusive space for individuals with disabilities.

Membership Required for an Unmatched Community Experience

To fully embrace the exceptional experiences at RockBox, **membership is required**. Members benefit from a supportive atmosphere where they are encouraged to push their limits. As one member states, "I walked in intimidated... but walked out feeling motivated and inspired." This sense of community is pivotal for many who seek both accountability and friendship in their fitness journey.

Personalized and Challenging Workouts

At RockBox, workouts are tailored to meet individual needs. Trainers are not only knowledgeable but also genuinely invested in your success. Members report significant transformations: "Since I have started working out here... I have lost a total of 14.9 lbs of body fat and gained 5 lbs of muscle." The variety in workouts ensures no two sessions are the same, keeping things fresh and engaging.

Planning Your Fitness Journey

For those considering a new fitness routine, RockBox offers a structured approach that makes planning simple. Classes include a mix of bag work and functional training stations, each guided by professional trainers ready to assist with modifications as needed. This structure facilitates a seamless entry into the world of kickboxing and functional fitness.

A Place to Grow and Transform

The positive reinforcement from both staff and fellow members fosters an encouraging environment. Many have described RockBox as a "family-like atmosphere," emphasizing the camaraderie and mutual support among participants. One enthusiastic member declared, "They encourage you every step of the way," highlighting the gym's commitment to helping individuals achieve their personal goals.

Join RockBox Fitness Lafayette Today!

If you're looking for a dynamic boxing gym that prioritizes accessibility, community, and effective training, look no further than RockBox Fitness Lafayette. With its diverse classes and welcoming environment, this gym is the perfect place to start your fitness journey. Experience it for yourself, and you might just find your new favorite workout spot!

Our establishment is located at

101 Saloom Farm Rd STE B, 70508 Lafayette, Louisiana - United States (US)

The phone of the mentioned **Boxing gym** is +1337-278-3234

And if you want to send a WhatsApp, you can do so at +1337-278-3234

Our opening hours are:

Day Hours

Monday

10?AM–1?PM

Tuesday

4:30?AM–8?PM

Wednesday

4:30?AM–8?PM

Thursday

4:30?AM–8?PM

Friday

4:30?AM–8?PM

Saturday

4:30?AM–7?PM

Sunday

7:30?AM–12?PM

The website is RockBox Fitness Lafayette

If you require to alter any element that you consider is not accurate regarding this page, please send us a message so that we will adjust it as soon as possible. Thanks beforehand we appreciate it.

Images



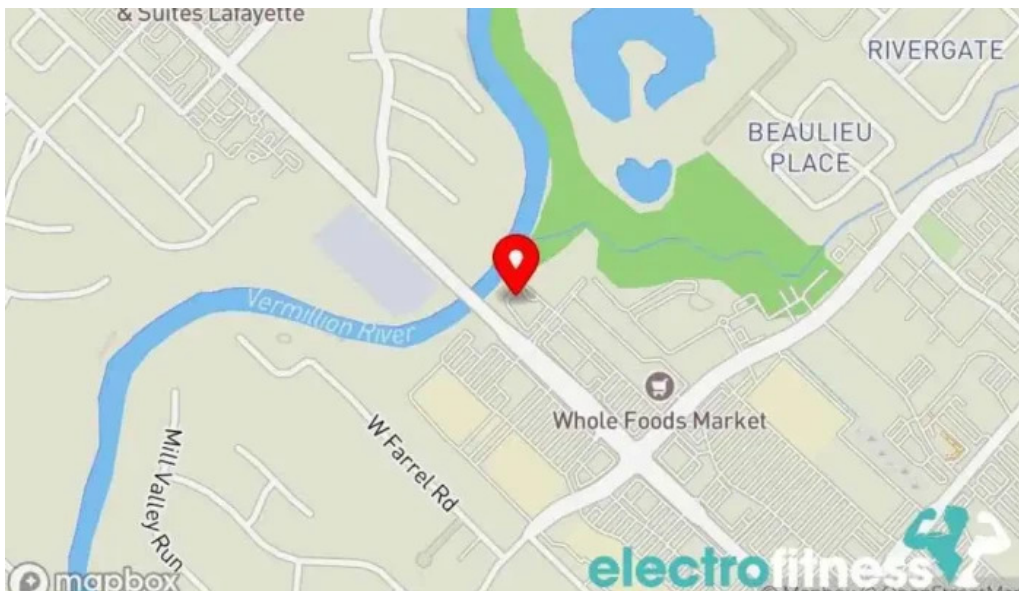
Rockbox fitness lafayette videos



Rockbox fitness lafayette street view 360deg



Rockbox fitness lafayette near me



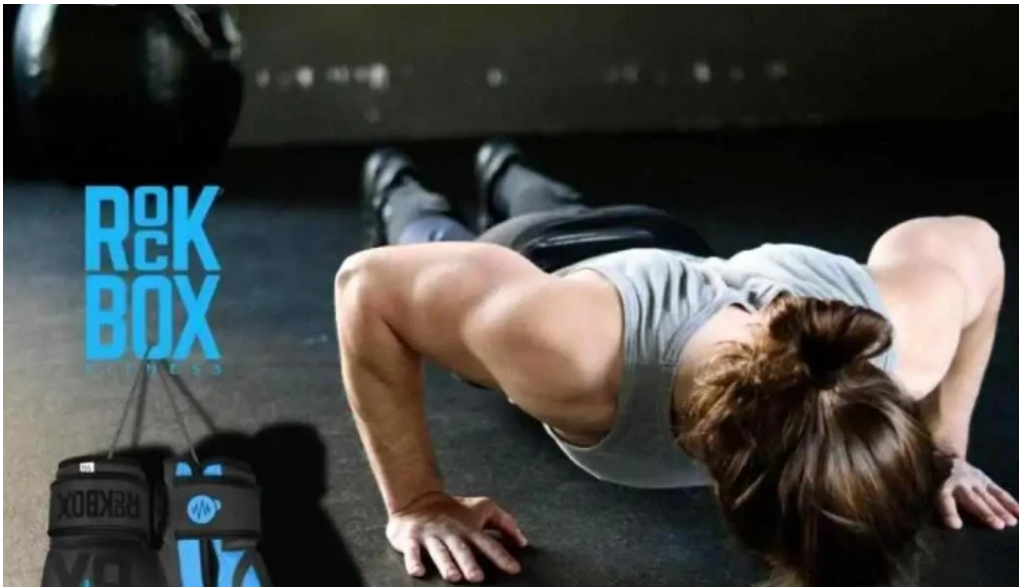
Rockbox fitness lafayette map



Rockbox fitness lafayette latest



Rockbox fitness lafayette lafayette



Rockbox fitness lafayette gym



Rockbox fitness lafayette by owner



Rockbox fitness lafayette boxing gym



Rockbox fitness lafayette all

Tags

Planning, Membership required, Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility

Related content

4.9 * *Orangetheory Fitness - Dyer*

5.0 * *Hyperthrive Athletics Texas - Abilene*

4.7 * *Hendrick Health Club - Abilene*

4.8 * *Fitness Evolution - St John*

4.3 *	<i>Anytime Fitness - Aberdeen</i>
5.0 *	<i>The Yoga Room - Crown Point</i>
5.0 *	<i>United Athletics Fitness - Littlestown</i>
3.8 *	<i>Abbotsford Elementary School - Abbotsford</i>
3.5 *	<i>Anytime Fitness - De Motte</i>
4.7 *	<i>Class Ufc Gym Winfield - Crown Point</i>

Categories

amusement park ride
arena
association / organization
bar
body shaping class
boxing gym
boxing ring
church
coffee shop
community center
convenience store
country club
dollar store
elementary school
exercise equipment store
fitness center
golf club
grocery store
gym
gymnastics center
health consultant
hospital
hotel
indoor cycling
jujitsu school
karate school
kickboxing school
martial arts club
martial arts school

non-profit organization
personal trainer
physical fitness program
physical therapy clinic
pilates studio
public educational institution
recreation center
rock climbing gym
school district office
shooting range
sports complex
sports school
tennis club
thrift store
vitamin & supplements store
wellness center
yoga studio