

## RockBox Fitness Meridian South - Meridian

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### *RockBox Fitness Meridian South - Meridian*

#### **RockBox Fitness Meridian South: Your Go-To Boxing Gym in Meridian, Idaho**

If you're searching for an inspiring and dynamic place to achieve your fitness goals, look no further than **\*\*RockBox Fitness Meridian South\*\***. This boxing gym combines the intensity of boxing with functional training to offer a unique workout experience that keeps members coming back for more.

#### **Accessibility for Everyone**

One of the standout features of RockBox Fitness Meridian South is its commitment to **accessibility**. The gym boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone can join the fitness fun without barriers. This thoughtful design reflects the gym's dedication to creating an inclusive environment for all, where everyone feels welcome to pursue their health and fitness goals.

## **A Family-Oriented Community**

Reviews from members highlight a strong sense of community at RockBox. Many describe the gym as a family, mentioning how welcoming and encouraging the atmosphere is. "Everyone is so friendly and supportive," shared one member, emphasizing the camaraderie that transcends typical gym experiences. With incredible trainers and a community spirit, it's no wonder that newcomers quickly feel like they belong.

## **Comprehensive On-Site Services**

RockBox offers several **on-site services** designed to enhance your fitness journey. From expert trainers who guide you through boxing techniques to nutritional guidance that complements your training, every aspect is tailored to help you succeed. Personal training sessions are available for those seeking personalized attention, allowing you to focus on specific goals and gain the most from every workout.

## **Dynamic Workouts That Keep You Engaged**

The workouts at RockBox are anything but ordinary. Members rave about the variability in classes, which combine **boxing**, kickboxing, and functional training. This ever-changing format ensures that each session is not only challenging but also enjoyable. One member said, "I never thought I would enjoy working out until I found RockBox," highlighting the fun and engaging nature of the classes that make every minute count.

## **Motivation and Support at Every Step**

What sets RockBox apart is the motivational support from both trainers and fellow members. Each class focuses on pushing your limits while maintaining a safe and encouraging environment. Trainers are noted for their attentiveness to form and technique, making adjustments as necessary to prevent injuries. As one satisfied member put it, "The coaches keep you accountable while ensuring you have fun."

## **Join the RockBox Family Today!**

With its vibrant community, accessible features, and comprehensive services, RockBox Fitness Meridian South is the perfect destination for anyone looking to transform their fitness routine. Whether you're a seasoned athlete or new to working out, the welcoming environment will make you excited to hit the bags

and break a sweat. Be a part of this amazing wellness journey and discover why so many individuals rave about their experiences at RockBox. Don't wait—your first workout is free, so come see what all the hype is about!

### **Our business is found at**

1184 S Silverstone Way Suite 140, 83642 Meridian, Idaho - United States (US)

The phone number of said **Boxing gym** is +1208-244-7449

And if you want to send a WhatsApp, you can do so at +1208-244-7449

### **We are open during the following hours:**

Day Hours  
Monday  
5:30?AM–8?PM  
Tuesday  
5:30?AM–8?PM  
Wednesday  
5:30?AM–8?PM  
Thursday  
5:30?AM–8?PM  
Friday  
5:30?AM–8?PM  
Saturday  
8?AM–12?PM  
Sunday  
8?AM–12?PM

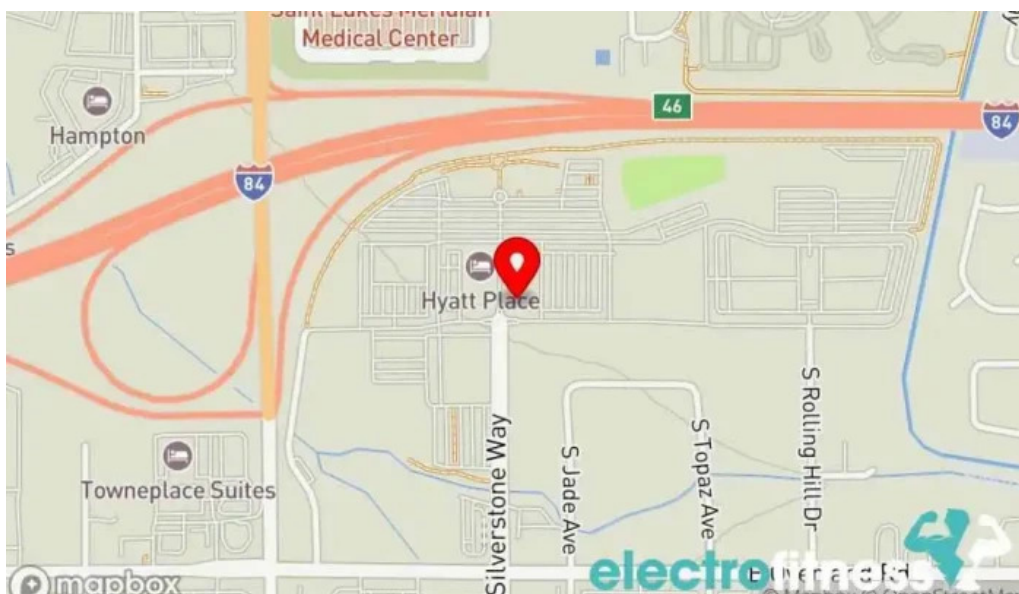
The website is RockBox Fitness Meridian South

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## **Images**



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rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
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spa and health club
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sports club
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