

CrossFit Ho'ola - Acworth

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CrossFit Ho'ola - Acworth

CrossFit Ho'ola: Your Community Gym in Acworth, Georgia

If you're searching for an exceptional CrossFit experience in Acworth, Georgia, look no further than **CrossFit Ho'ola**. This family-run gym has garnered a reputation for its strong sense of community and commitment to accessibility, making it a welcoming environment for everyone, regardless of fitness level.

Accessibility and Amenities

One of the standout features of CrossFit Ho'ola is its **wheelchair-accessible entrance** and **wheelchair-accessible car park**, ensuring that all members

can comfortably access the facility. The gym's commitment to ****accessibility**** is evident in its design and layout, catering to the needs of all members.

Moreover, for those who need to stay connected while working out, CrossFit Ho'ola offers ****Wi-Fi**** throughout the gym, allowing you to share your fitness journey or simply stay in touch with family and friends during your workouts.

A Warm and Welcoming Community

Upon entering CrossFit Ho'ola, you're immediately enveloped by a friendly atmosphere. Members consistently highlight how welcoming the community is, regardless of your fitness background. One enthusiastic member recalls how they felt welcomed from the very first visit, stating, "I immediately felt welcomed and joined that day." This sense of belonging is nurtured by the owners, Kekai and Lindsay, who pour their hearts into fostering a family-like environment. The coaches at CrossFit Ho'ola are not just knowledgeable but genuinely care about each member's progression. They tailor workouts to fit individual strengths and weaknesses, ensuring that you receive personalized attention. A long-time member shared, "No matter your fitness level, they will take you in with open arms and help you reach your fitness goals."

Family-Friendly Environment

CrossFit Ho'ola isn't just a gym; it's a community that welcomes everyone, including families. With a dedicated kids room, parents can bring their children along, knowing they have a safe place to play while they focus on their workout. This family-oriented approach has made CrossFit Ho'ola a favorite among local families, as one member noted, "We found our gym family!"

Why Choose CrossFit Ho'ola?

Choosing to join CrossFit Ho'ola means becoming part of something bigger. Members often emphasize the friendships they've formed, describing their early morning classes as a "5:30 am crew" that feels like family. The supportive environment makes it easy to stay motivated and push through challenges together. Whether you're a beginner looking to try CrossFit for the first time or an experienced athlete seeking a new place to train, CrossFit Ho'ola has everything you need. The programming is designed to be challenging yet achievable, with constant support from both coaches and fellow members. In summary, if you're in the Acworth area and want to enhance your fitness journey in a supportive and accessible environment, ****CrossFit Ho'ola**** should be at the top of your list. Join today and experience firsthand what makes this gym so special.

We are located at

2639 Hickory Grove Rd NW suite 120, 30101 Acworth, Georgia - United States (US)

The contact line of this **Gym** is [+1404-666-9355](tel:+1404-666-9355)

And if you want to send a WhatsApp, you can do so at [+1404-666-9355](https://www.whatsapp.com/business/profile/14046669355)

We open at the following schedule:

Day Hours

Monday

Closed

Tuesday

5:30–9:00AM 11:30AM–12:30PM 4:30–7:30PM

Wednesday

5:30–9:00AM 11:30AM–12:30PM 4:30–6:30PM

Thursday

5:30–7:30AM 4:30–7:30PM

Friday

5:30–9:00AM 11:30AM–12:30PM 4:30–6:30PM

Saturday

5:30–9:00AM 11:30AM–12:30PM 4:30–6:30PM

Sunday

10:00AM–12:00PM

The website is [CrossFit Ho'ola](https://www.crossfitho'ola.com)

If necessary to change any element that you believe is incorrect concerning this site, please send us a message so that we will handle it quickly. Thanks beforehand thank you very much.

Images



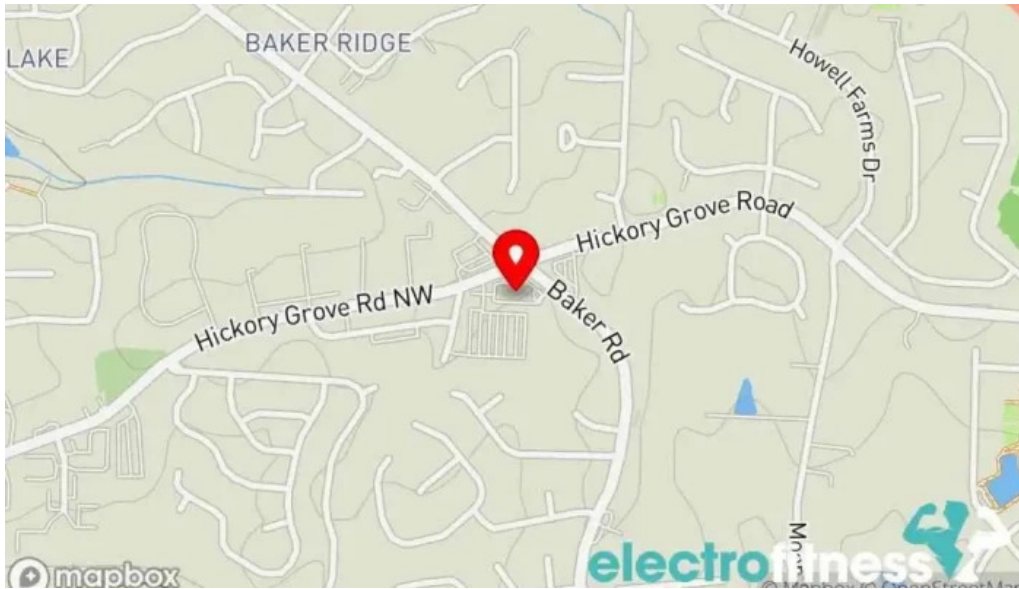
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Crossfit hoola gym



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Tags

Wi-Fi, Amenities, Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility

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rock climbing gym
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sports complex
sports medicine clinic
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