

## The Garage Kickboxing - Alabaster

alabaster

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*alabaster*

### *The Garage Kickboxing - Alabaster*

#### **Discover The Garage Kickboxing in Alabaster, Alabama**

If you are looking for a gym that offers more than just a workout, The Garage Kickboxing in Alabaster, Alabama, is the perfect destination. This gym stands out not only for its exceptional classes and welcoming atmosphere but also for its **\*\*commitment to accessibility\*\***.

#### **Accessibility: A Gym for Everyone**

One of the key features of The Garage Kickboxing is its focus on accessibility. The gym provides a **\*\*wheelchair-accessible entrance\*\***, ensuring that everyone

can participate in the thrilling world of kickboxing and fitness. This commitment to inclusivity has been highly praised by patrons who appreciate having a space where they can train without barriers.

## **Convenient Facilities**

The Garage Kickboxing also boasts a **\*\*wheelchair-accessible car park\*\***. This convenience means that all members, regardless of their mobility challenges, can easily access the facility. Such thoughtful amenities make it clear that this gym prioritizes the needs of its community.

## **A Culture of Support and Encouragement**

Reviews from members highlight the **\*\*welcoming environment\*\*** at The Garage. Patrons note that it is a **\*\*judgment-free zone\*\***, where individuals of all skill levels can feel comfortable and supported. From first-time martial artists to seasoned fighters, everyone finds a home here. The coaches are known for their dedication to helping members achieve **\*\*personal goals\*\***, whether they involve weight loss, skill improvement, or mental well-being.

## **Transformative Experiences**

Many members have shared life-changing experiences after joining The Garage. With high-intensity workouts and personalized coaching, individuals have significantly improved their physical health and mental resilience. Testimonials reveal how kickboxing has helped manage anxiety, boosted confidence, and fostered friendships among members.

## **Join the Family**

The Garage Kickboxing is more than just a gym; it's a family-oriented community. The camaraderie among members creates a unique atmosphere that encourages everyone to work hard while having fun. With detailed training sessions and no formal class times, members can enjoy flexible workouts tailored to their schedules.

## **Your Invitation to Get Started**

If you're looking for a place to work out, learn new skills, and become part of a supportive community, The Garage Kickboxing in Alabaster, Alabama, is the ideal choice. With a **\*\*free trial workout\*\*** available, there's no risk in giving it a try. Come for the workouts, stay for the community!

## **The location of our business is in**

239 1st St S, 35007 Alabaster, Alabama - United States (US)

The phone number of this **Gym** is +1205-624-3123

And if you want to send a WhatsApp, you can do so at +1205-624-3123

## We open at the following schedule:

Day Hours

Monday

10?AM–2?PM

Tuesday

Closed

Wednesday

8?AM–12:30?PM 2–8?PM

Thursday

8?AM–12:30?PM 2–8?PM

Friday

8?AM–12:30?PM 2–8?PM

Saturday

8?AM–12:30?PM 2–8?PM

Sunday

8?AM–12:30?PM 2–8?PM

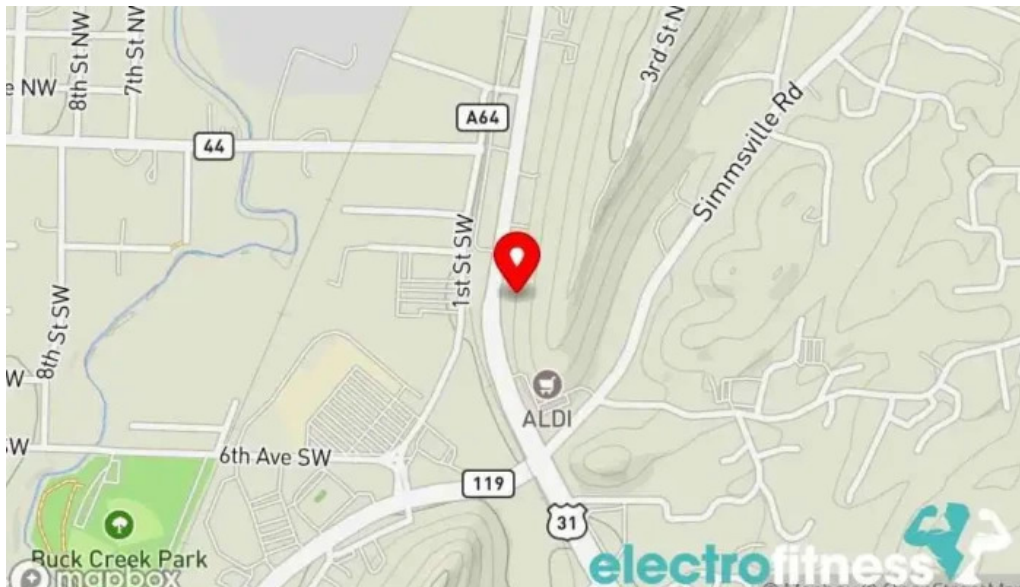
The website is [The Garage Kickboxing](#)

If you need to change any data that you consider is incorrect concerning this page, we urge you to send a message so we can we will handle it promptly. Thanks beforehand we appreciate it.

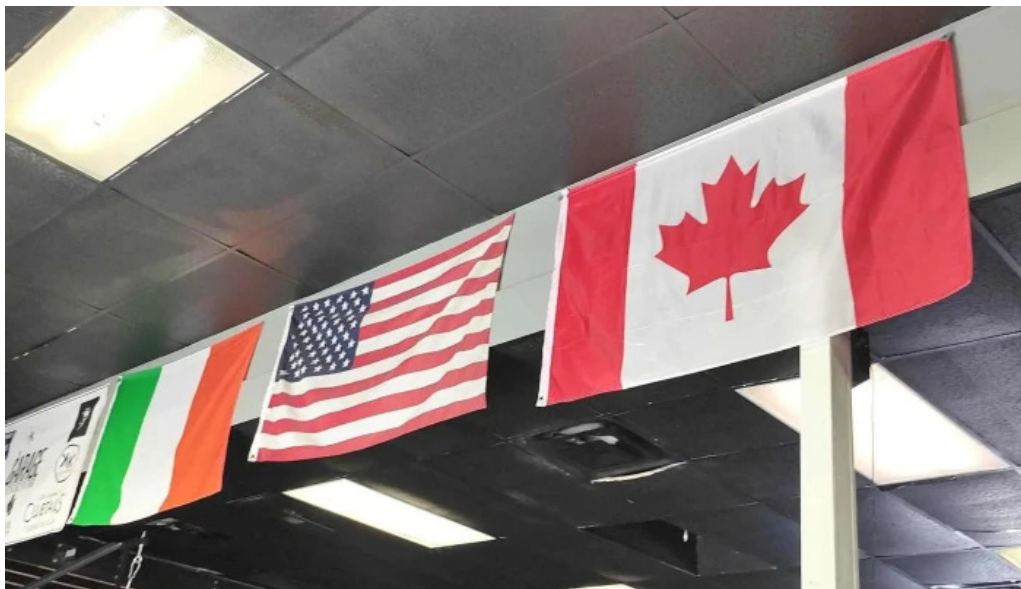
## Images



*The garage kickboxing street view 360deg*



*The garage kickboxing map*



*The garage kickboxing gym*





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## Tags

*Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible car park*

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**4.6 \*** *Peak Kickboxing Gwv/dtc - Greenwood Village*

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<b>5.0 *</b>	<i>9Round Kickboxing Fitness - Martinez</i>
<b>5.0 *</b>	<i>Conquer Kickboxing - Ada</i>
<b>4.9 *</b>	<i>9Round Kickboxing Fitness - Waldorf</i>
<b>5.0 *</b>	<i>9Round Kickboxing Fitness - Greenwood Village</i>
<b>4.3 *</b>	<i>Peak Fitness Brazilian Jiu Jitsu &amp; Kickboxing - Afton</i>

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
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
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 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 spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
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 school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization