

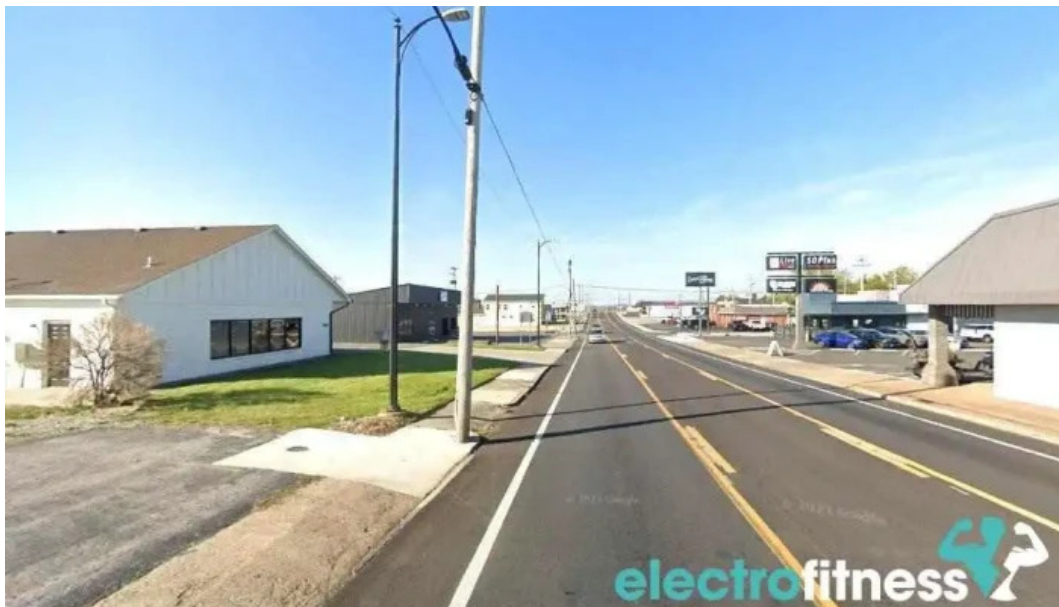
Rock Steady Boxing - Bowling Green

bowling green



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bowling green

Rock Steady Boxing - Bowling Green

Rock Steady Boxing in Bowling Green, Kentucky: Empowering Women and Promoting Accessibility

****Introduction**** Rock Steady Boxing in Bowling Green, Kentucky, is not just a gym; it is a community dedicated to empowering individuals, especially women. This women-owned establishment offers an inclusive environment where everyone can feel welcome, regardless of their physical abilities.

Accessibility Features

One of the standout features of Rock Steady Boxing is its commitment to

accessibility. The facility offers a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, ensuring that everyone can participate in classes without barriers. This makes it easier for those with mobility challenges to join and enjoy the benefits of boxing training.

Service Options and On-Site Services

At Rock Steady Boxing, services are tailored to meet various needs. ****Appointments are required****, allowing trainers to provide personalized attention to each participant. On-site services include specialized boxing training for individuals with Parkinson's disease and other conditions, emphasizing both physical fitness and mental resilience.

Online Classes Available

For those who may not be able to visit the gym in person, Rock Steady Boxing also offers ****online classes****. This option ensures that everyone has access to high-quality training from the comfort of their own home, making fitness accessible to even more individuals.

From the Business

The mission of Rock Steady Boxing is clear: they aim to promote fitness, wellness, and community among women and individuals with disabilities. Each class is designed to encourage participants, build confidence, and enhance overall health.

Conclusion

In summary, Rock Steady Boxing in Bowling Green stands out not only for its effective boxing training but also for its commitment to creating an accessible and inclusive environment. By offering essential services and being mindful of accessibility, this gym is truly a place where everyone can thrive. Whether you attend in person or opt for online classes, Rock Steady Boxing is dedicated to empowering you on your fitness journey.

Our business is at

1249 U.S. 31 W Bypass, 42101 Bowling Green, Kentucky - United States (US)

We look forward to seeing you at:

Day Hours
Monday

6:30?AM–3:30?PM

Tuesday

6:30?AM–3:30?PM

Wednesday

6:30?AM–3:30?PM

Thursday

6:30?AM–2?PM

Friday

Closed

Saturday

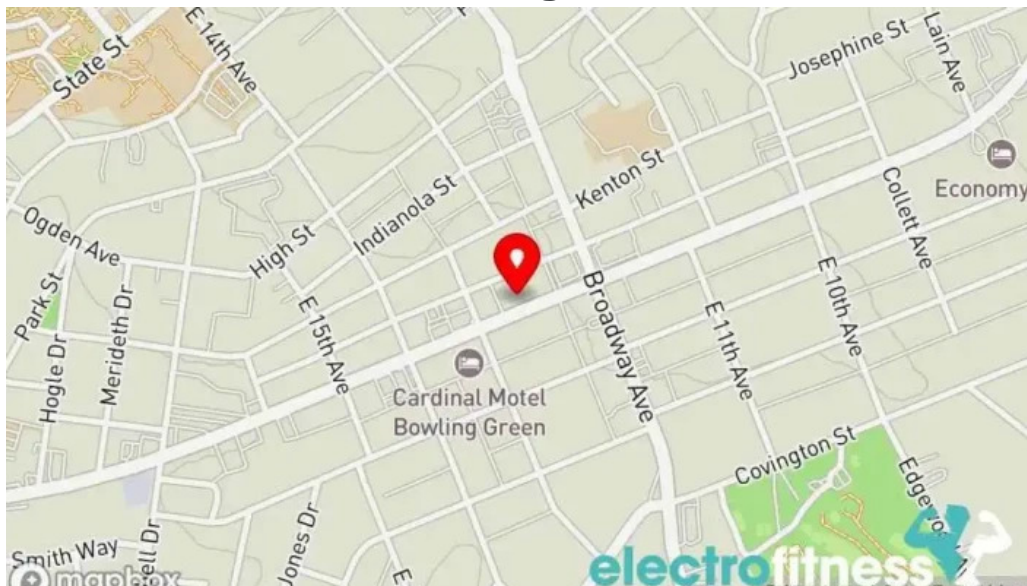
Closed

Sunday

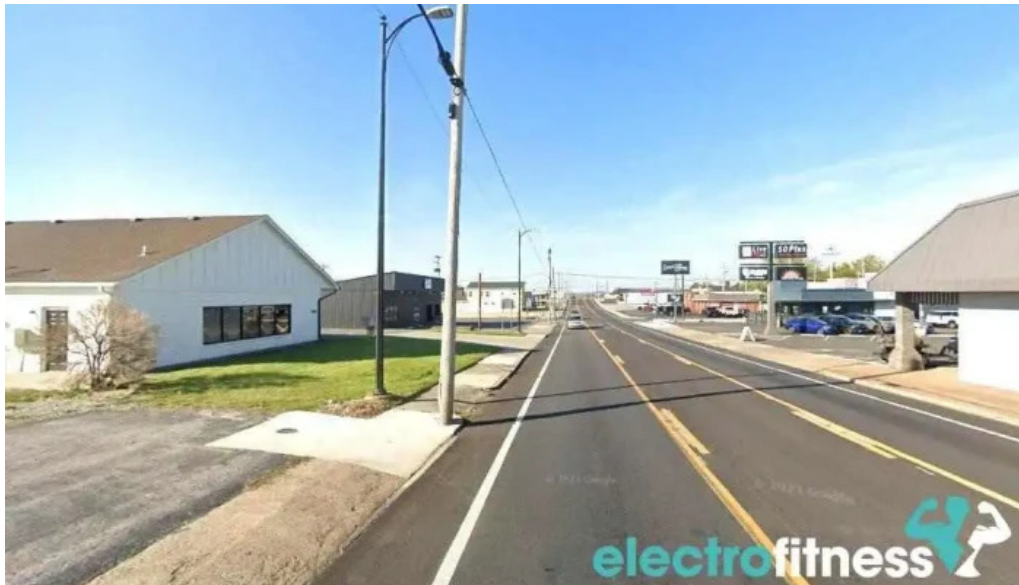
6:30?AM–3:30?PM

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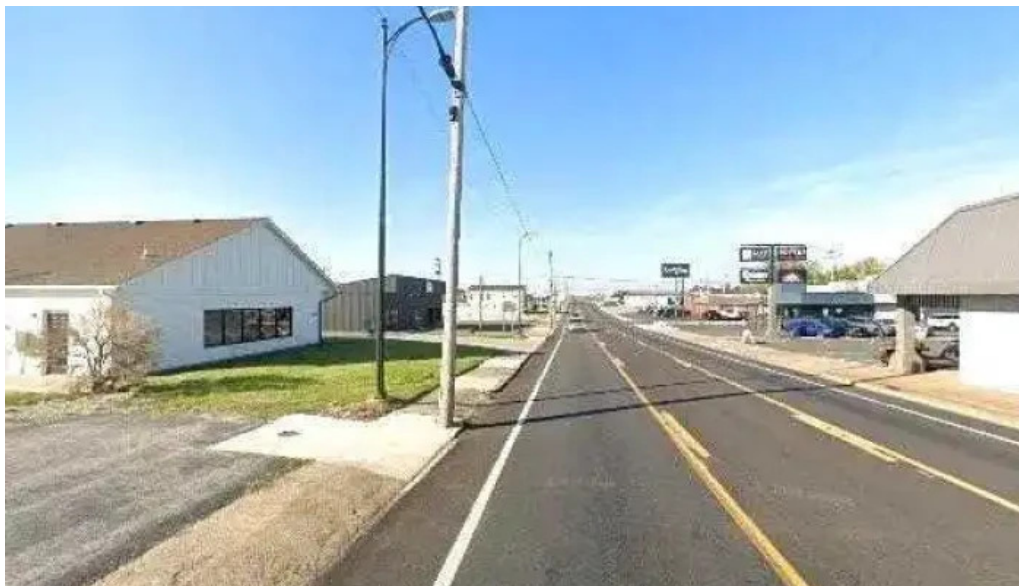
Images



Rock steady boxing map



Rock steady boxing bowling green



Rock steady boxing all

Tags

Wheelchair-accessible car park, Online classes, Wheelchair-accessible entrance, Accessibility, Planning, Identifies as women-owned, Appointment required, From the business, Service options, On-site services

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gym
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rock climbing gym
rv park
sauna
school
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self defense school
senior citizen center

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sports school
summer camp organizer
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yoga instructor
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