

## Southern Fitness - Clinton

clinton

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## Southern Fitness - Clinton

### Discover Southern Fitness: Your Premier Gym in Clinton, Tennessee

If you are in search of a gym that offers not just equipment but a welcoming atmosphere, look no further than **Southern Fitness** in Clinton, Tennessee. This local gem provides everything you need to elevate your fitness journey.

### Membership Required

At Southern Fitness, a **membership is required** to access the facilities.

However, this investment offers great value for those looking to maintain an active lifestyle. Membership grants you unlimited access to a variety of equipment and on-site services, ensuring you can work out at your convenience.

## Planning Your Visit

Planning a visit to Southern Fitness is straightforward. They offer a **wheelchair-accessible car park** and an entrance designed for ease of access. This commitment to **accessibility** makes the gym welcoming to all, ensuring everyone has the opportunity to improve their health.

## Accessibility Features

Southern Fitness prioritizes **accessibility** with features including a **wheelchair-accessible entrance**, making it easy for every member to enter and enjoy the facilities. Whether you are using free weights or cardio machines, you will find the gym is equipped to accommodate your needs.

## Service Options and On-Site Services

The gym boasts a wide range of **service options**, including personal training, group classes such as Zumba and kickboxing, and a supplement store located next door. With a separate room for cardio and ample space for free weights, you won't have to wait for equipment even during busy hours.

## Community and Atmosphere

Feedback from members emphasizes the friendly and supportive community at Southern Fitness. Many appreciate the **great workout atmosphere**, noting how it encourages them to look forward to their sessions. Staff members are known for their helpfulness and friendliness, contributing to a positive environment.

## Pricing and Value

With memberships starting at just \$15 a month and reasonable day pass options available, Southern Fitness delivers excellent value for money. Members have expressed satisfaction with the low cost while enjoying a comprehensive range of equipment and services.

## Cleanliness and Maintenance

While most reviewers praise the cleanliness and maintenance of the equipment, there have been concerns regarding the cleanliness of the bathrooms. Despite

this issue, many feel that the overall environment remains supportive and conducive to fitness goals.

## Conclusion

In summary, Southern Fitness stands out as a top choice for anyone in Clinton looking to enhance their health and fitness. With its unique equipment, friendly staff, and focus on accessibility, it promises a fulfilling gym experience. Stop by and see for yourself why so many patrons consider it the best gym around!

## We are situated in

170 Frank L Diggs Dr, 37716 Clinton, Tennessee - United States (US)

The contact phone of the mentioned **Gym** is +1865-463-1122

And if you want to send a WhatsApp, you can do so at +1865-463-1122

## We open at the following schedule:

Day Hours  
Monday  
Open 24 hours  
Tuesday  
Open 24 hours  
Wednesday  
Open 24 hours  
Thursday  
Open 24 hours  
Friday  
Open 24 hours  
Saturday  
Open 24 hours  
Sunday  
Open 24 hours

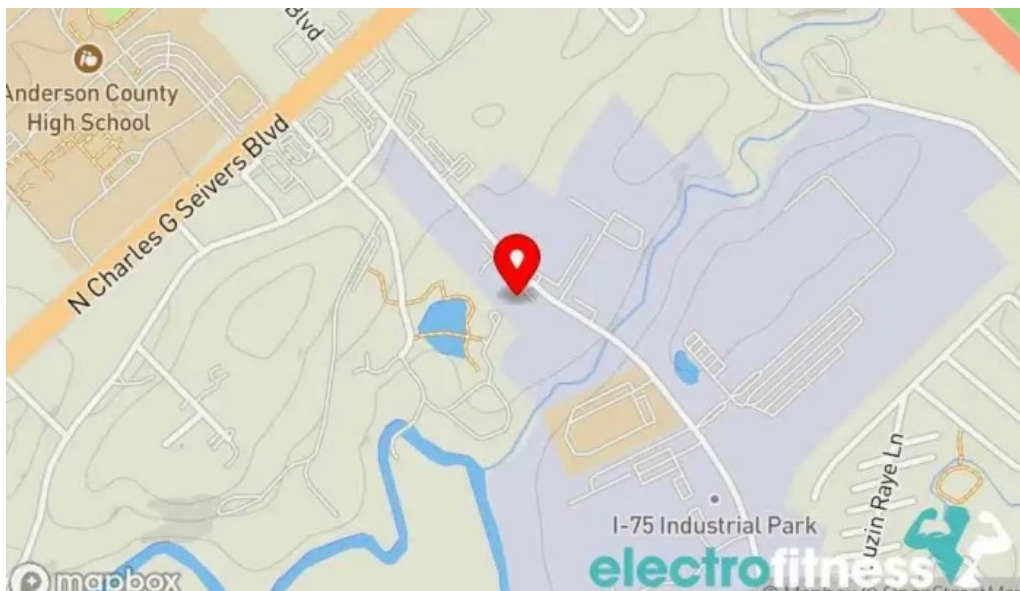
The website is Southern Fitness

If you wish to alter any data that you think is not correct related to this page, we ask forward a message so that we will adjust it quickly. Thank you in advance thanks.

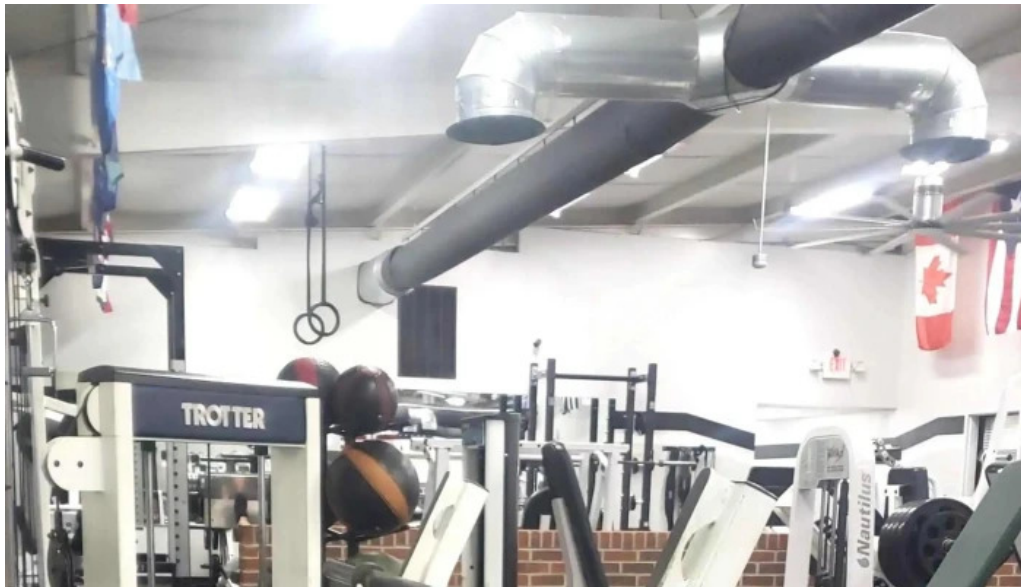
## Images



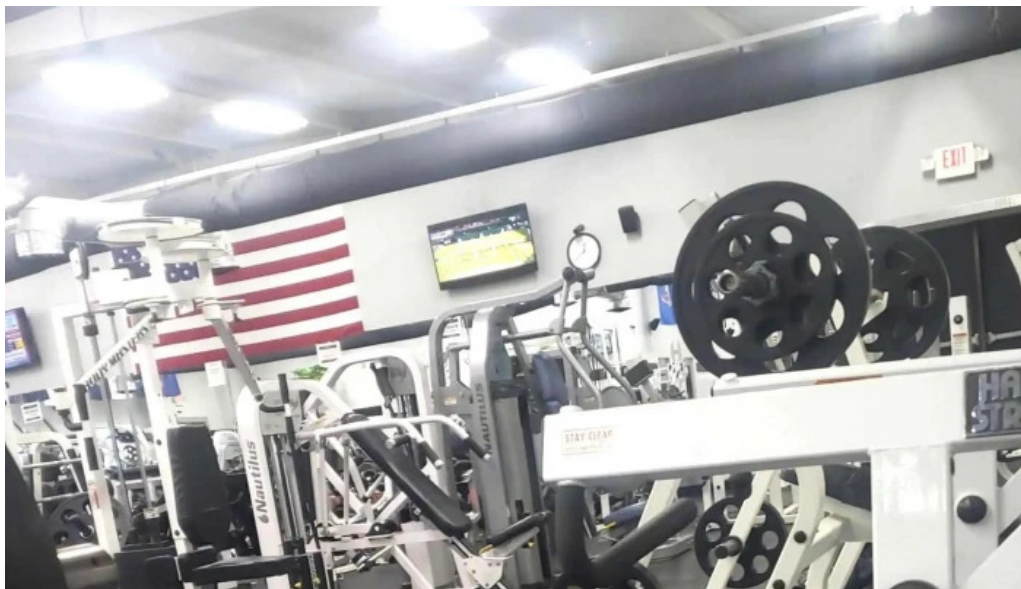
*Southern fitness street view 360deg*



*Southern fitness map*



*Southern fitness gym*



*Southern fitness clinton*





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## Tags

*Accessibility, Service options, Wheelchair-accessible entrance, Wheelchair-accessible car park, On-site services, Membership required, Planning*

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**5.0 \*** *Hotworx - Southern Pines, Nc - Southern Pines*

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**4.8 \*** *Southern Stone Indoor Climbing - Lafayette*

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**5.0 \*** *Southern Athletics Llc Tompkinsville Ky - Tompkinsville*

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**5.0 \*** *Forte Fitness Gym + Cycle Studio - Southern Pines, Nc - Southern Pines*

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**4.9 \*** *Southern Oregon Acro & Tumbling - Altamont*

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**5.0 \*** *Jb Fitness Studio - Clinton*

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academic department
acupuncture clinic
after school program
aikido school
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amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
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assisted living facility
association / organization
athletic club
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bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space

cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark



hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist

public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
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 pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
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water park
weight loss service
weightlifting area
wellness center
wellness program
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