

Fit & Firm - Lufkin

lufkin

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| Published on: 30/05/25 | Hits: 256 |
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https://www.electrofitness.com/gym/lufkin/fit-firm-lufkin_355871.php



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Fit & Firm - Lufkin

Discover Gym Fit & Firm in Lufkin, Texas

Are you looking for a friendly and well-equipped gym in Lufkin, Texas? Look no further than Gym Fit & Firm. This establishment has gained a reputation for providing an exceptional fitness experience that caters to various workout needs.

Membership Required

To enjoy the benefits of Gym Fit & Firm, a membership is required. For just \$25 a month, you gain access to a clean and welcoming environment where you

can focus on your fitness goals. Many members appreciate the affordability of the membership along with the quality of facilities offered.

Accessibility for Everyone

Gym Fit & Firm prioritizes accessibility, ensuring that everyone can enjoy their fitness journey. The gym features a wheelchair-accessible entrance and a wheelchair-accessible car park, making it convenient for all individuals. Whether you're a beginner or an advanced athlete, this gym strives to create an inclusive atmosphere for everyone.

Facilities That Meet Your Needs

Despite its smaller size compared to other gyms, Gym Fit & Firm is filled with a variety of equipment suitable for all types of workouts. Members have noted that even during peak hours, there are ample machines available for use. With options for HIIT, strength training, traditional cardio, and more, you'll always find what you need to reach your fitness goals.

Clean and Comfortable Environment

One standout feature of Gym Fit & Firm is its cleanliness. Many visitors have praised the neat facilities, including clean bathrooms and showers. The comfortable temperature throughout the gym creates an inviting atmosphere, allowing you to work out without distractions.

Friendly and Supportive Staff

The staff at Gym Fit & Firm play a vital role in enhancing the gym experience. Members describe the team as friendly, approachable, and willing to assist with any questions or concerns. Their dedication to customer service ensures that everyone feels welcome, making it easy to ask for help, whether it's for spotting during a lift or guidance on using the equipment.

A Great Community Vibe

The positive energy at Gym Fit & Firm is infectious. Many members have expressed how the supportive environment has made their gym experience enjoyable. With a diverse clientele, you'll find people of all fitness levels working towards their goals together.

Convenience 24/7

Another highlight of Gym Fit & Firm is its 24/7 accessibility. Whether you prefer working out early in the morning or late at night, this gym accommodates your schedule, ensuring that you can fit your workouts in whenever it suits you.

Your Home Away from Home

For those visiting the Lufkin area, Gym Fit & Firm offers a welcoming atmosphere that feels like a home away from home. Many visitors make it a point to stop by whenever they are in town, appreciating the quality of

equipment and the friendly community.

Join Gym Fit & Firm Today!

With its affordable membership, accessible facilities, friendly staff, and a variety of equipment, Gym Fit & Firm is a top choice for anyone in Lufkin, Texas. Don't miss out on the opportunity to be part of this fantastic gym. Consider joining today and take the first step towards achieving your fitness goals!

We are at

120 Christie St, 75904 Lufkin, Texas - United States (US)

The contact phone of the mentioned **Gym** is +1936-632-3022

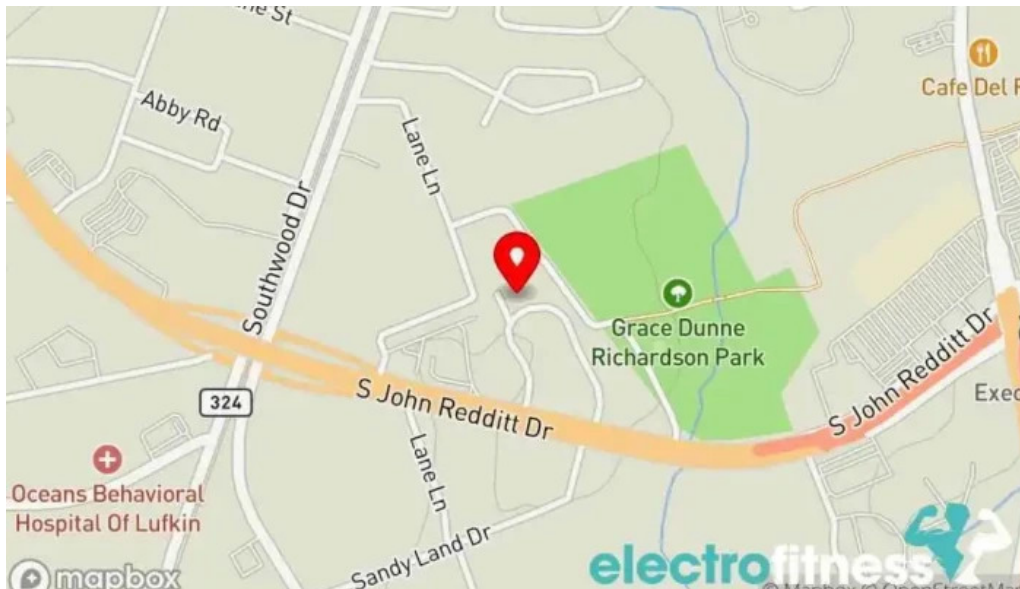
And if you want to send a WhatsApp, you can do so at +1936-632-3022

Our service hours are:

Day Hours
Monday
9?AM–5?PM
Tuesday
9?AM–12?PM
Wednesday
Closed
Thursday
Closed
Friday
9?AM–5?PM
Saturday
9?AM–5?PM
Sunday
9?AM–5?PM

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Images



Fit firm map



Fit firm lufkin



Fit firm all

Tags

Wheelchair-accessible car park, Membership required, Planning, Accessibility, Wheelchair-accessible entrance

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5.0 * *Koko Fit Club - North Attleborough*

4.9 * *Era Fit - Miami*

4.7 * *Raw Fit 305 - Miami*

5.0 * *Bosslady Fit - Springfield*

4.3 * *Quik Fit 24/7 - Greenbrier*

5.0 * *Alpha Fit Club - Basking Ridge*

Categories

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| academic department |
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| acupuncture clinic |
| after school program |
| aikido school |
| amusement center |
| amusement park ride |
| animal feed store |
| apartment building |
| apartment complex |
| aquatic centre |
| arena |
| art gallery |
| assisted living facility |
| association / organization |
| athletic club |
| athletic track |
| auditorium |
| bar |
| barber shop |
| basketball club |
| basketball court |
| batting cage center |
| beauty salon |
| beer store |
| 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 |

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| 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 |
| general hospital |
| 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 |

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| 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 |

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| 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 |
| specialized clinic |
| 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 |

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| thrift store |
| trade school |
| training centre |
| vitamin & supplements store |
| water park |
| weight loss service |
| weightlifting area |
| wellness center |
| wellness program |
| women's organization |
| women's personal trainer |
| wrestling school |
| yoga instructor |
| yoga studio |
| youth center |
| youth organization |