

Gold's Gym - Oak Ridge

oak ridge

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https://www.electrofitness.com/gym/oak-ridge/gold-s-gym-oak-ridge_344891.php



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Gold's Gym - Oak Ridge

Welcome to Gold's Gym Oak Ridge, Tennessee

Gold's Gym in Oak Ridge, Tennessee, is more than just a fitness center; it's a community hub where fitness enthusiasts gather to achieve their health goals. With **amenities** like a swimming pool, sauna, and a variety of equipment options, this gym provides several **services** to cater to members of all ages.

Amenities and Facilities

At Gold's Gym Oak Ridge, you can access a range of **amenities** designed to enhance your fitness experience: - **Wi-Fi**: Stay connected while you work

out. - **Wheelchair-accessible entrance**: Ensuring that everyone can access the facilities. - **On-site parking**: With both a **wheelchair-accessible car park** and a **free parking lot**, convenience is guaranteed. - **Showers and toilets**: The gym features clean shower facilities and restrooms including a **wheelchair-accessible toilet**. - **Sauna**: Relax after your workout session in the sauna, although some reviews indicate it may require maintenance.

Child Care Services

For members with children, Gold's Gym offers **child care** services, making it easier for parents to maintain their fitness routine without worrying about their kids. This is one of the crucial **offerings** that appeals to many families in the Oak Ridge area.

Membership Options

A **membership** is required to access the gym facilities, and the process has been described as straightforward by many users. However, there have been concerns about billing practices, with some members noting unexpected charges related to personal training sessions. It's essential to read through the membership agreement to avoid any confusion.

Online Classes

In addition to traditional gym access, Gold's Gym Oak Ridge also offers **online classes**. These are particularly beneficial for those who prefer to work out at home or want to blend in their gym sessions with online training.

Community Atmosphere

The **atmosphere** at Gold's Gym is generally friendly and supportive. Many members have praised the staff for their kindness and willingness to assist. However, some reviews highlight issues regarding cleanliness and equipment maintenance. Consistent feedback suggests that the facility, particularly the locker rooms and showers, requires a thorough deep clean to meet the expectations of its members.

Planning Your Visit

When planning your visit, keep in mind that the gym hours can sometimes be inconsistent, leading to frustrations among members eager to start their workouts. Ensuring you check the opening hours online or contacting the gym beforehand can save you from any disappointments.

Final Thoughts

Overall, Gold's Gym in Oak Ridge offers a comprehensive fitness experience with various **amenities** and **on-site services**. While improvements in cleanliness and equipment maintenance are necessary, the offerings like **child care** and **online classes** provide significant value. With the right planning,

this gym can be an excellent choice for your fitness journey in Tennessee.

Our business is at

302 S Illinois Ave, 37830 Oak Ridge, Tennessee - United States (US)

The contact phone of this **Gym** is +1865-276-3488

And if you want to send a WhatsApp, you can do so at +1865-276-3488

We look forward to seeing you at:

Day	Hours
Monday	5?AM–12?AM
Tuesday	5?AM–12?AM
Wednesday	5?AM–12?AM
Thursday	5?AM–12?AM
Friday	5?AM–12?AM
Saturday	7?AM–7?PM
Sunday	7?AM–7?PM

The website is Gold's Gym

If necessary to change any information that you think is not correct regarding this page, we ask send a message and we will correct it quickly. Thanks beforehand thanks.

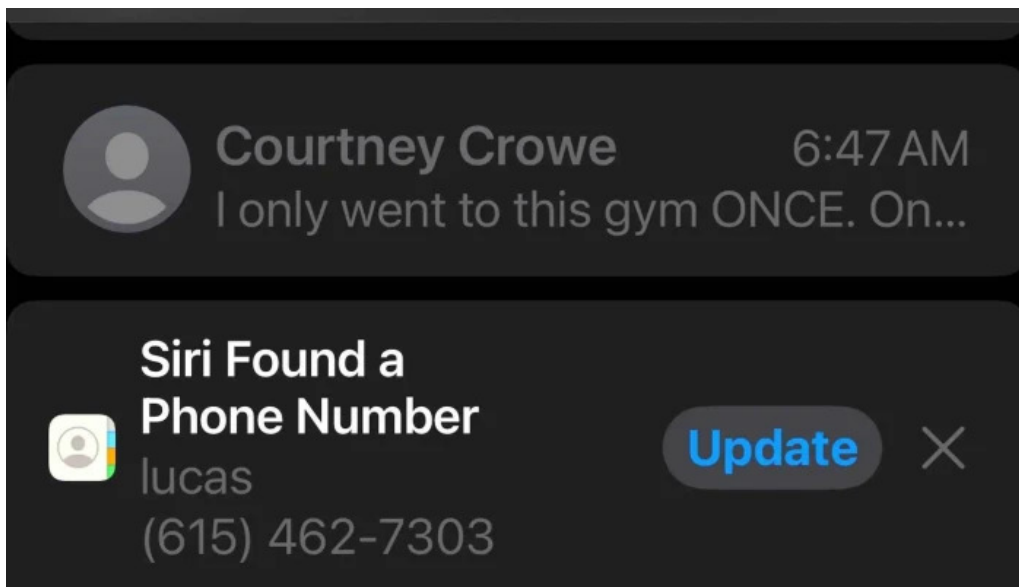
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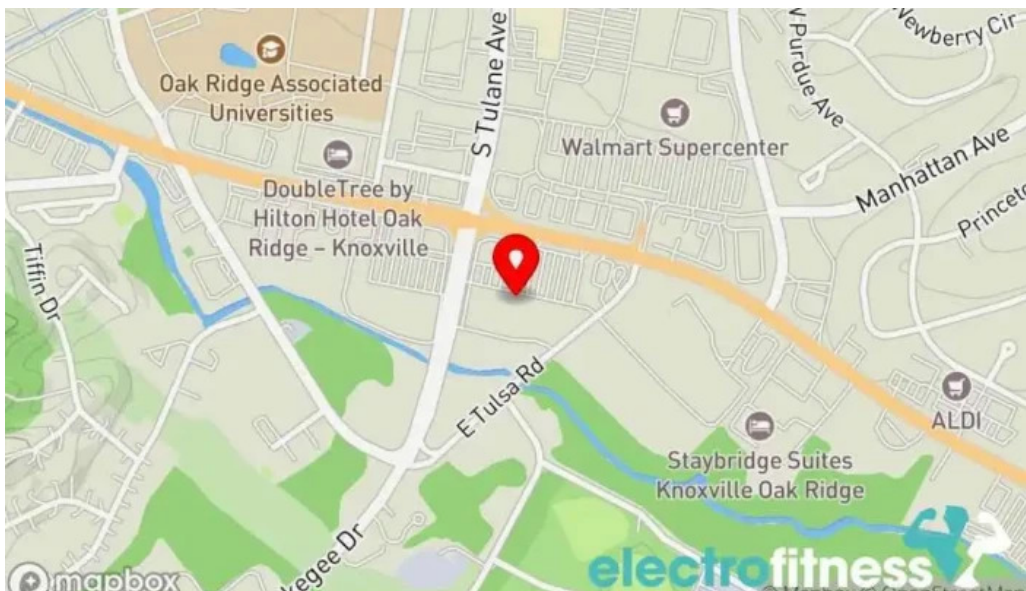
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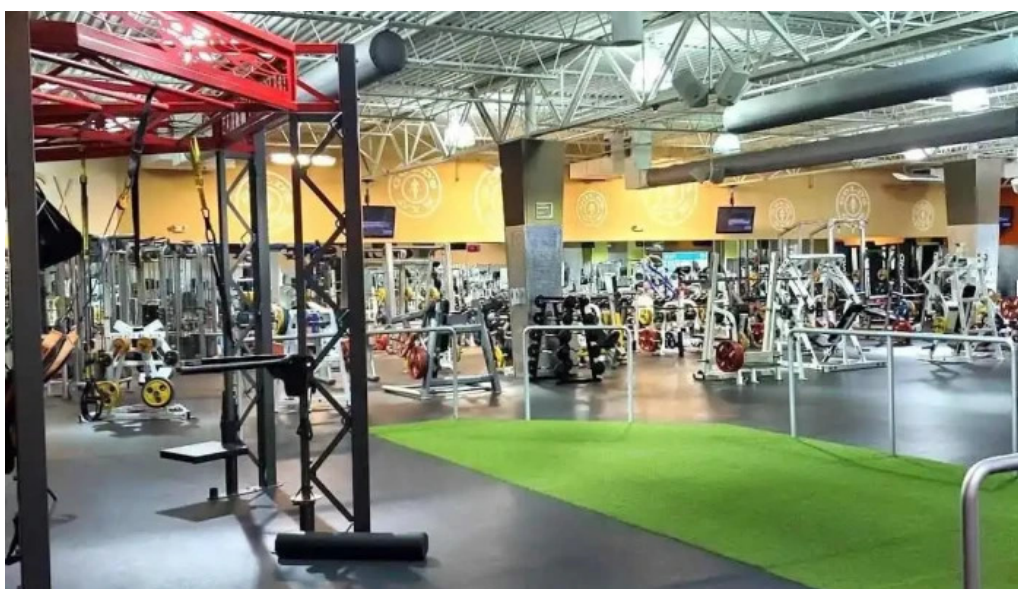
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Tags

Membership required, Wheelchair-accessible entrance, Free parking lot, Service options, Toilet, Atmosphere, On-site services, Online classes, Wheelchair-accessible car park, Planning, Shower, Wheelchair-accessible toilet, Amenities, Wi-Fi, On-site parking, Offerings, Accessibility, Child care, Sauna, Parking

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