

## Kick N Fit Gym - Tioga

tioga

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tioga

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### Kick N Fit Gym: The Hidden Gem of Tioga, North Dakota

Kick N Fit Gym stands out as a surprising find in the small town of Tioga, North Dakota. Many visitors and locals agree that this gym offers much more than expected for a community of its size.

#### Accessibility Features

One of the notable aspects of Kick N Fit Gym is its commitment to **\*\*accessibility\*\***. The facility includes a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone in the community can enjoy fitness without barriers. This

commitment to inclusivity makes it an excellent choice for individuals with mobility challenges.

## **A Diverse Range of Facilities**

Over the years, patrons have shared their experiences highlighting the variety of amenities available at Kick N Fit Gym. Visitors can take advantage of a large mat-room, equipped with ample space for group exercises or personal workouts. The gym boasts numerous cardio machines and a wide selection of free weights, including dumbbells ranging from 5lbs to 100lbs. This diversity allows gym-goers to tailor their workouts to their specific needs, whether they are beginners or seasoned fitness enthusiasts.

## **Affordability and Convenience**

Kick N Fit Gym is recognized not only for its facilities but also for its incredible affordability. With a membership fee of just **\*\*\$30 a month\*\***, it provides significant value compared to other gyms in the area. Many patrons appreciate that the gym is not crowded, offering them a peaceful environment to focus on their fitness goals without the distractions often found in larger facilities.

## **Room for Improvement**

However, it is essential to note that some members have faced challenges during their visits. Reports of machines being in disrepair have led to some frustration, and a handful of visitors have mentioned instances where access was hindered, such as locked doors during early morning hours. While these concerns are valid, the overall sentiment towards the gym remains positive.

## **Final Thoughts**

In conclusion, Kick N Fit Gym is a great place for anyone living or visiting Tioga, ND. Its accessibility features, extensive range of equipment, and affordable pricing make it a top choice for fitness enthusiasts. Despite some minor issues, the gym continues to welcome individuals looking for a simple, effective workout environment. Whether you're new to fitness or a seasoned pro, Kick N Fit Gym has something to offer everyone.

## **You will find us at**

*23 Main St N, 58852 Tioga, North Dakota - United States (US)*

The contact line of said **Gym** is +1701-664-5425

And if you want to send a WhatsApp, you can do so at +1701-664-5425

## **Our business hours are:**

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*

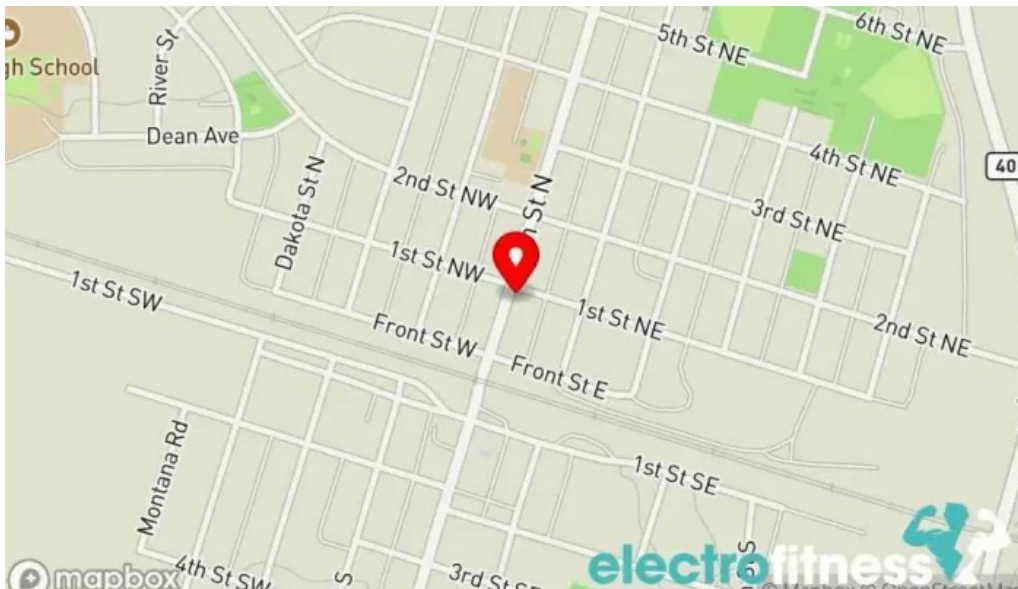
The website is [Kick N Fit Gym](#)

In case you want to change any detail that you think is not correct about this web, we urge you to send us a message so we can we will handle it as soon as possible. Thank you in advance we appreciate it.

## Images



*Kick n fit gym tioga*



*Kick n fit gym map*



*Kick n fit gym all*

## Tags

*Accessibility, Wheelchair-accessible car park*

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arena
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country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club

golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
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jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range

shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization