

Studio B.o.s.s. - White House

white house



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Studio B.o.s.s. - White House

Welcome to Studio B.O.S.S. in White House, Tennessee

Located in the heart of White House, Tennessee, **Studio B.O.S.S.** is not just a gym; it's a thriving community designed specifically for women. With a focus on empowerment and well-being, this studio offers a range of **on-site services** that cater to all fitness levels.

Accessibility for Everyone

At Studio B.O.S.S., accessibility is a priority. The facility features a **wheelchair-accessible entrance**, as well as a **wheelchair-accessible toilet** and **wheelchair-accessible car park**. These amenities ensure that every woman can enjoy the support and camaraderie offered here without barriers.

A Community Like No Other

What sets Studio B.O.S.S. apart is its authentic sense of community. Women from various backgrounds come together to motivate and uplift each other. As one member noted, "It's not a gym; it's a journey." This atmosphere is further enhanced by a personalized approach to fitness, with classes structured to meet individual goals and needs.

Personalized Fitness Options

Studio B.O.S.S. provides a flexible range of **service options**, from in-studio workouts to **online classes**. This variety allows members to choose what best fits their lifestyle, ensuring everyone can find their rhythm. Each workout session targets specific muscle groups and incorporates modifications to accommodate all fitness levels.

Convenient Amenities

This studio also boasts a **free parking lot**, making it easy for members to access classes without the hassle of parking stress. From healthy living classes to invigorating group fitness sessions, there's something for everyone.

Empowering Trainers

The trainers at Studio B.O.S.S. are known for their dedication and expertise. As one satisfied client shared, "The trainers are amazing; they truly care about your fitness goals." They take the time to ensure that each member feels comfortable and confident, providing guidance and encouragement throughout their journey.

Transformative Experiences

Many women have shared inspiring testimonials about their fitness journeys at Studio B.O.S.S. Whether it's building strength after 70 or regaining confidence post-pregnancy, women note significant life changes during their time in the studio. "I feel stronger than I did five months ago...that's a huge WIN," said one member, emphasizing the positive transformation experienced within this supportive environment.

Join the B.O.S.S. Family

If you're looking for a place that fosters both physical and mental well-being, look no further than Studio B.O.S.S. It's more than just a fitness studio; it's a haven for women to grow stronger together. Come visit and experience the magic of being a part of the B.O.S.S. family! You'll find an uplifting community that genuinely cares about your health and happiness.

The business is situated at

120 TN-76, 37188 White House, Tennessee - United States (US)

The phone number of the respective **Gym** is +1615-455-0042

And if you want to send a WhatsApp, you can do so at +1615-455-0042

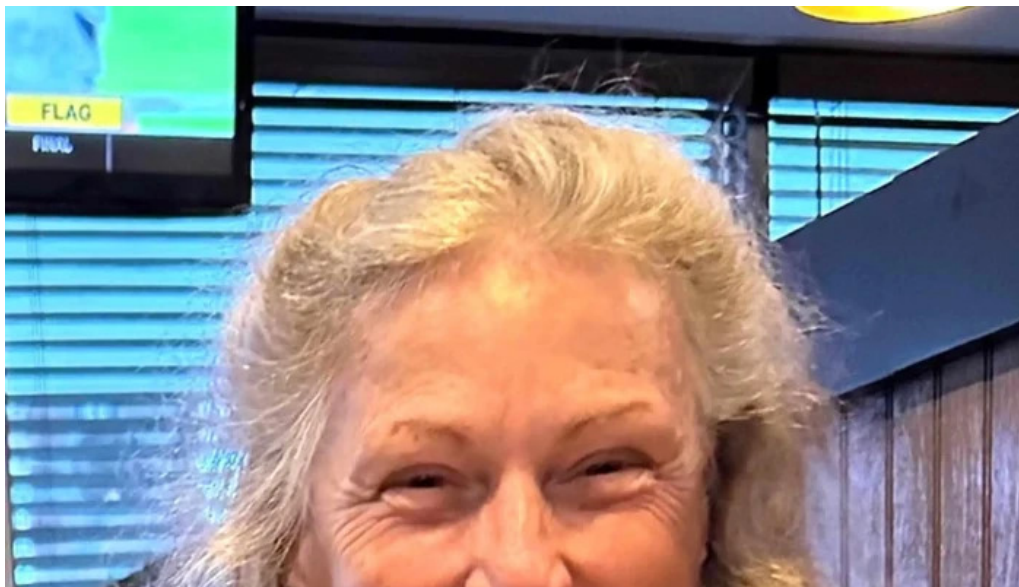
Our service hours are:

Day	Hours
Monday	5–10?AM 4:30–6?PM
Tuesday	5–10?AM 5–6:15?PM
Wednesday	5–10?AM 4:30–6?PM
Thursday	5–10?AM
Friday	6:45–9?AM
Saturday	Closed
Sunday	5–10?AM 5–6:15?PM

The website is Studio B.O.S.S.

If you wish to change any element that you consider is not precise related to this page, we urge you to send a message so that we will handle it promptly. In advance thanks.

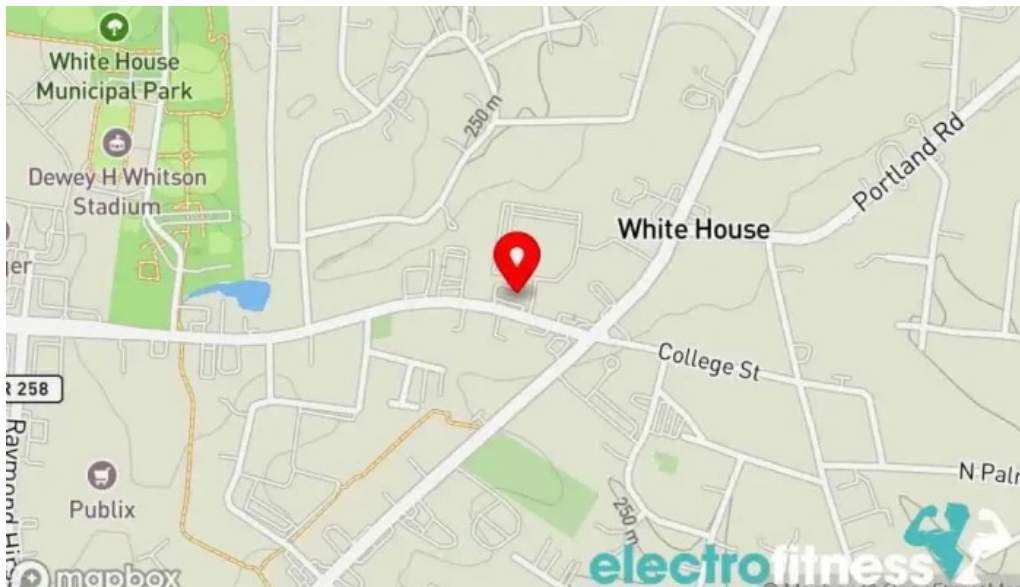
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Studio boss map



Studio boss gym



Studio boss by owner



Studio boss all



Studio boss address



Studio boss white house

Tags

Wheelchair-accessible toilet, Online classes, Wheelchair-accessible entrance, Service options, Wheelchair-accessible car park, From the business, Accessibility, Parking, Toilet, Free parking lot, Amenities, Identifies as women-owned, On-site services

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