

R2 Total Fitness 24/7 - Woodstock

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R2 Total Fitness 24/7 - Woodstock

Discover R2 Total Fitness 24/7 in Woodstock, Georgia

R2 Total Fitness is a ****great local gym**** that stands out for its ****accessibility**** and welcoming atmosphere. Conveniently located in Woodstock, Georgia, it's open 24 hours, making it perfect for anyone with varied schedules.

Accessibility Features of R2 Total Fitness

One of the key highlights of R2 Total Fitness is its commitment to accessibility. The gym boasts a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that everyone can enjoy their

fitness journey without barriers. This makes it an ideal choice for individuals seeking an inclusive workout environment.

Service Options and On-Site Services

R2 Total Fitness offers a variety of ****service options**** tailored to different fitness levels. Membership is required to access the facilities, but patrons have reported a warm community feel thanks to the owners, Marcus and Bill. They are very involved in fostering a sense of camaraderie, which contributes to a pleasant environment where members feel valued. The gym provides ****on-site services****, including personalized training and nutritional guidance. Members have expressed appreciation for the helpful staff who take pride in maintaining a clean and organized space. In fact, many users have noted how essential these supportive elements are in helping them reach their fitness goals.

Online Classes and Community Engagement

In addition to in-person training, R2 Total Fitness also offers ****online classes**** for convenience. This option allows members to participate from home when they can't make it to the gym. Community engagement is prioritized here; the owners frequently interact with their clients, treating them like family and ensuring everyone feels welcomed and motivated.

Planning Your Fitness Journey at R2 Total Fitness

Before joining, planning your fitness journey at R2 is crucial. Many new members start with a trial through Groupon, enabling them to test the waters. However, it's important to note that some users have experienced challenges reaching the owners for assistance. Despite this, the overwhelming positive feedback surrounding the gym's equipment variety and overall cleanliness surpasses these concerns.

Why You Should Choose R2 Total Fitness

If you're considering a gym in Woodstock, R2 Total Fitness is highly recommended due to its friendly atmosphere, excellent equipment selection, and dedicated trainers. With a focus on providing personalized service and maintaining cleanliness, it stands out as a top choice for both newcomers and seasoned fitness enthusiasts alike. In summary, R2 Total Fitness offers everything you need for a fulfilling fitness experience, from accessibility features to a supportive community. Whether you're just starting or looking to elevate your training routine, this gym is an encouraging environment that promotes health and wellness for all.

You can find us at

1025 Rose Creek Dr #740, 30189 Woodstock, Georgia - United States (US)

The phone number of this **Gym** is [+1678-809-7833](tel:+1678-809-7833)

And if you want to send a WhatsApp, you can do so at [+1678-809-7833](https://wa.me/16788097833)

Our public attention 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

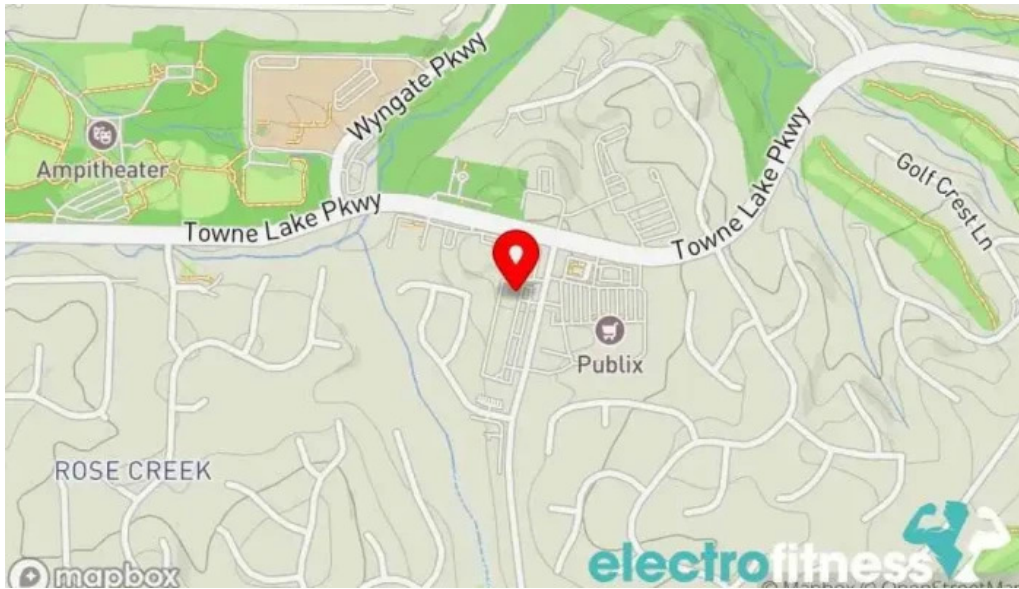
The website is [R2 Total Fitness 24/7](#)

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Tags

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

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