



Club Info

Fitness Theater

Indoor Track

Tanning

Kids Club

Free Personal Training Consultation

Brand New & Improved Jr Fitness Program

24hr Access 5 days a week and special hours on the weekend

Tennessee's first dual Club atmosphere/ two clubs in one catering to every Fitness personality from beginner to extreme mindset.

Tennessee's largest equipped fitness facility and the legendary Mecca of the South.

A very large Pro Shop selection for pre, intra, and post-workout supplementation. The most knowledgeable staff in Middle Tennessee for your supplement questions and needs.