

GYM ONE

locally owned and operated

GYM ONE is the newest neighborhood gym with a personal touch. We welcome independent personal trainers to work with members of all ages and fitness levels.



↘ Expanded Weight Room & New Equipment ↙
Dry Cleaning drop-off/pick-up | Day & Rental Lockers
Individual Dry Saunas | Body Wash & Shampoo

There's never a membership contract! Come by and see us!

3300 West Anderson Lane, Ste. 301
(Just off Mopac @ Anderson lane)

459.6165