

Welcome to Southtown Gym

FITNESS FOR EVERY BODYWE HELP PEOPLE LIVE, PLAY, LOOK, & FEEL BETTER...

People come in all shapes, sizes, ages and abilities. Whether you are already an avid exerciser or someone who thinks channel surfing should be an Olympic sport, SouthTown Gym is for you. Now you can enjoy a first-class fitness center right here close to home! We are a unique club where you will feel welcome and comfortable. At the SouthTown Gym you can get the results you want from our experts who care. Why Join SouthTown Gym? Fitness for All Ages

- Expert Personable Staff
- Certified Personal Trainers
- Non-Intimidating Programs
- Friendly Atmosphere
- ULTRA-Clean Facilities

We offer the best equipment and a complete set of amenities including:

Weight Management
SouthTown Tanning Nutritional Consulting Private Changing & Shower Areas Personal Trainers State of the Art
Equipment Smoothie Cafe
Towel Service Comfortable Locker Rooms Group Fitness SouthTown Kids Club