

Knock Out Fitness Testimonials

Whether you're trying get into shape, or want to take your training to the next level, this is the place! Owner, Frank Wood, does a great job of gauging your fitness level and pushing you to your limits ... and just when you think you're getting used to it, he ups it again. A great way to drop weight, build confidence or take your training to a whole other level.

Noah S.

Franklin, TN

7/20/2010

Knockout Fitness is a boxing gym, but you don't have to be Rocky or a Million Dollar Baby to join. Actually, you don't have to be sporty or have any boxing experience at all! It's just my kind of place! You can choose a personal trainer one on one, or group sessions. The trainer runs about the same as others you will find around town and group sessions are very reasonable, compared to even the YMCA. I have several friends who are super loyal to this gym--and are in super shape as well. Want a different kind of workout? Need to get away from the kids and the "meat market" quality of your gym? Then definitely give Knockout a whirl.

Robin S.

Nashville, TN

5/19/2008

If you're looking for a different kind of gym experience, this is the place! Knockout fitness is small, and you won't find row upon row of treadmills, elliptical machines, and the like. Most people go for the group classes. The only classes offered are kickboxing, but never fear . . . you needn't be experienced with throwing punches. The instructor will lead you through everything you need to know.

My advice for a beginner is to take a couple of one on one sessions with Frank, the owner. That is what I did and it really helped me feel more comfortable with all the moves. A former professional fighter, Frank can show you how to make the most of your workout and go over a few safety features. Warning - you might not be able to get out of bed the next day!!! But, you get your monies worth! I wouldn't work out anywhere else!

Katherine M.

Nashville, TN