

# 9 Must Visit Gyms In The Southeast

As a Fitness Professional, I do my best to get my workouts in no matter where I am. I want to share the nine fitness facilities in the southeast that are on my "must visit" places to workout. From Mississippi to North Florida, each of these facilities offers something special that makes adding them to your travel itinerary well worth it.

**1** In the Magnolia State, the Iron Works Gym makes all their guests feel right at home. Members claim that "Iron Works is the only REAL gym on the Mississippi Gulf Coast" offering two floors of Hammer Strength/ Life Fitness equipment and open 5am-10pm, 7 days a week. For anyone needing to stay on point in their workouts, this place has what you need. As an added bonus Iron Works is a big sponsor and supporter of the NPC bodybuilding community and the Home of the Battle on the Gulf Coast Bodybuilding Show.



## IRONWORKS GYM

220 Eisenhower Drive, Biloxi, MS 39531  
228.456.9496

[Ironworksbiloxi.com](http://Ironworksbiloxi.com)  
Day Pass: \$10/ \$20 week pass

**3** Next, head east to North Carolina and Biltmore Fitness in Asheville, NC. Located less than 10 minutes from the historic Biltmore Estates, Biltmore Fitness is the coolest gym in town. Family owned and operated, this facility has something for everybody. Here you will find weights, powerlifting, a kinesis wall, cardio, group fitness, spin classes, yoga, a dry sauna, an on-site chiropractor, and most importantly, a wealth of knowledge and experience from the staff.



## BILTMORE FITNESS

711 Biltmore Avenue, Asheville, NC 28803  
828.253.5555

[biltfit.net](http://biltfit.net)  
Day Pass: \$10 for same day pass/  
\$7 for member guest pass

**2** Moving on to the Big Orange, we suggest you check out Gorilla Warfare Fitness. American Made and Veteran Owned, Gorilla Fitness is located in Hermitage, 20 minutes east of Nashville. This gym and its owners are strong supporters of the local community buying all their equipment and merchandise locally. Now located in a brand new facility, Gorilla Warfare provides a friendly atmosphere to both competitors as well as those just starting out. They also offer JiuJitsu and Mixed Martial Arts.



## GORILLA WARFARE FITNESS

100 Bonabrooke Drive,  
Hermitage, TN 37076  
615.645.5160  
[gorillawarfarefitness.com](http://gorillawarfarefitness.com)  
Day Pass: \$5

**4** Tres Gym in Charleston, SC is a true bodybuilders gym. This place has everything you need to get in a great workout, as expected with gym owner Tres Bennett, the SC NPC Chairman. An added bonus, your post workout meal can be found at a variety of restaurants within walking distance!



### TRES GYM

1662 Savannah Hwy, Ste 125, Charleston, SC 29407  
843.270.4373

[tresgym.com](http://tresgym.com)

Day Pass: \$5 for all NPC Members

Free of charge on SCNPC Show weekends.

**6** You'll be greeted with some real southern hospitality at the The Athletic Club at the Pump House. This facility is known as Gadsden's most unique fitness facility, locally owned and operated by Morris and Kelly Pruett. While this is a private club with limited membership, it does allow day passes and is a must visit place with all the amenities. Enjoy your workout with a river view! The outdoor classes are held on the club's dock and afterwards you can enjoy a post workout drink at the clubs smoothie bar.



### THE ATHLETIC CLUB AT THE PUMP HOUSE

128 River Road, Gadsden, AL 35901  
256. 312.8456

[TheAthleticClubGadsden.com](http://TheAthleticClubGadsden.com)

Day Pass: \$10

**5** From I-85, House of Payne Personal Training is located just 4 miles off the interstate. With an old school feel, the primary focus of this facility is competition prep. At 10,000 square feet, House of Payne includes classic pieces of equipment and boasts the largest posing practice stage in the country. Group posing practice is held twice a week year round with one-on-one sessions available by appointment.



### HOUSE OF PAYNE PERSONAL TRAINING

4565 Lawrenceville Highway NW, Lilburn, GA 30047 • 678.641.9188 • [trainwithpayne.com](http://trainwithpayne.com) • Day Pass: \$5



**7** As you cross into the Sunshine State, check out Seminole Strength and Conditioning for a serious workout. Conveniently located right off I-10, it's less than 10 minutes from FSU. This facility is owned and operated by Jeremy & Shelly Hoornstra who are experts in both powerlifting and bodybuilding on a competitive level.



### SEMINOLE STRENGTH AND CONDITIONING

3944 Northwest Passage, Unit 204, Tallahassee, FL 32303 • 352.504.5567  
[seminolestrengthandconditioning.com](http://seminolestrengthandconditioning.com)  
 Day Pass: \$10

**8** Down the Florida coast, find Lion Heart Gym, a gym focused on creating a place for anyone with a desire to be exceptionally strong or fit plus the will to follow through. Lion Heart Gym is a "real" gym and the place to go if you like sticking to basics and prefer no frills and no distractions. This facility caters to both powerlifters and bodybuilders. Open with 24-hour access, 7 days a week, Lion Heart Gym is just 20 minutes from Clearwater Beach!



### LION HEART GYM

1203 49th Street N, Clearwater, FL 33762 • 727.743.1515  
[lionheartgym.com](http://lionheartgym.com)  
 Day Pass: \$10/ \$25 week pass

**9** Heading to Florida's southern tip is a great gym called Flex Appeal Miami, where you'll find the right motivation, the right environment, and a common goal. Competitors, non-competitors, pros and amateurs alike train side-by-side and everyone pushes each other forward.



### FLEX APPEAL MIAMI

12814 SW 122nd Avenue,  
 Miami, FL 33186  
 786.293.1776  
[flexappealmiami.com](http://flexappealmiami.com)  
 Day Pass: \$5

When you're on the road, stop in at one of these training facilities and get in a great workout!  
**No excuses!**