

# KnockOutGym.com (N. Chesterfield)



Location **Virginia**  
<https://www.genclassifieds.com/x-262132-z>

Who: KnockOut Gym specializes in Boxing Conditioning and Personal Training Programs for Men and Women in Richmond, VA.

What: KnockOut Gym gives you the opportunity to TRAIN LIKE A FIGHTER with OLD SCHOOL conditioning methods that will have you hitting the Heavy Bag, punching Focus Mitts, Strength Training, Running, doing Pushups, Situps and more.

Where: KnockOut Gym is located in Richmond, VA withing easy driving distance from the City, Fan, Southside, Northside and West End.

Why: KnockOut Gym will get you in the Best Shape of your Life by helping you:

1. Lose Weight
2. Lose Body Fat
3. Get Tougher, Stronger and Leaner
4. Gain Energy, Stamina and Endurance
5. Increase your Physical Self Confidence
6. Improve Self Discipline and Willpower

When: Call Don Meissner at to Schedule your First Training Session.

How: Certified Personal Trainer Don Meissner will design a Customized Training Program for you based on your Personal Fitness Goals.

Prices: 1 Session = \$60 10 Sessions = \$500

Call: Don Meissner at  
Website: [www.KnockOutGym.com](http://www.KnockOutGym.com)

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