

# Lake Gaston Fitness

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362 Lizard Creek Rd.  
Littleton, NC 27850  
27850

Phone: (252)776-0156

Fitness Center conveniently located near the Food Lion shopping center. We offer top of the line cardio and strength resistance equipment. We offer flexible membership plans to fit the weekender, or residents that live here year round. There no sign-up fees and we are open 7 days a week 365 days/year. So if you're looking to get into shape and improve your overall health stop by and give us visit. Check out our website for more information, or just stop during office hours.

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