



IRON KNIGHT GYM

PORT ST. LUCIE'S #1 STRENGTH & CONDITIONING TRAINING CENTER

ABOUT IRON KNIGHT GYM

Whether you're an internationally ranked athlete or trying to lose 100lbs to play with your kids. Our gym was built on the idea that everyone deserves to be the strongest and healthiest version of themselves, and to do that, you need a knowledgeable, welcoming, judgment-free space that pushes you to be your best. That's what we've created here at Iron Knight Gym.

OUR TRAINING PROGRAMS

• FUNCTIONAL FITNESS

Constantly-Variied full-body workouts that improve daily performance and endurance

• STRENGTH TRAINING

Build muscle, boost confidence, and learn proper lifting technique.

• HIIT CLASSES

High-intensity sessions to burn fat, build stamina, and feel unstoppable.

• OLYMPIC WEIGHTLIFTING

Learn and improve the Snatch, Clean & Jerk, lift with elite coaches & have opportunities to compete.

• YOUTH STRENGTH & CONDITIONING

Designed for young athletes to develop strength, speed, and confidence safely.

WHY CHOOSE IKG:

- NASM, CrossFit, USAW, ISSA Powerlifting - Certified Coaches
- Sport Specific Coaches
- Family & community atmosphere
- Programs for all ages and levels
- Results-driven training to help YOU reach your goals
- Electric Energy – motivation like nowhere else that will keep you coming back!

SLPS STAFF SPECIALS

- 20% off Group Class Memberships
- 20% off Open Gym Access