

Team Powerflow Fitness

126 E WALNUT ST, GOLDSBORO, NC, 27530

Phone: 19195835414

Overview A Healthy Body Breathes A Healthy Spirit Powerflow Fitness is a locally owned Health and Wellness Center located in the heart of downtown Goldsboro. We offer a variety of modern Physical Fitness classes: -African Dance (all ages) -Boxing (Youth & Adult) -Kickboxing -Personal Training --Latin Rhythms -Weights Our instructors provide a very unique hands on service to fit your personal needs!

Address Team Powerflow Fitness is located in 126 E WALNUT ST, GOLDSBORO, NC, 27530

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