

Best Workout Facility: The Sideline

The Sideline has now recorded 10 consecutive years as the "Best Workout Facility in Weakley County," as chosen in the Readers' Choice Awards.

The Sideline is located at 104 Oxford Street in Martin, in the historic former Varsity Theatre. Brian Smith is the owner and also a physical therapist in the clinic. The theatre was originally built in 1947 and was bought and renovated by Smith in 2004. The Sideline is home to a physical therapy clinic and a 24-hour access fitness center.

The fitness center offers a variety of group exercise classes including Step & Tone, Core Training, Silver Sneakers, Cardio Intervals, Yoga/Pilates, and more. The facility features Hammer Strength, Life Fitness, and Rogue brands of training equipment, with a variety of cardiovascular and strength equipment.



The fitness center also has traditional tools for exercise, such as dumbbells, jump ropes, yoga mats, stability balls, plyometric balls, and a boxing area complete with a heavy bag and speed bag. Some unique

features include a play area for children to wait while their parents complete their workout and a fully-stocked PowerBlendz smoothie bar. The Sideline also staffs certified personal trainers who are available to provide per-

sonalized fitness programs and individualized instruction. Fitness staff members are also available for sales and to provide guidance and supervision from 7 a.m.-8 p.m., Monday through Thursdays; 7

a.m.-6 p.m. on Fridays and 9 a.m.-noon on Saturdays.

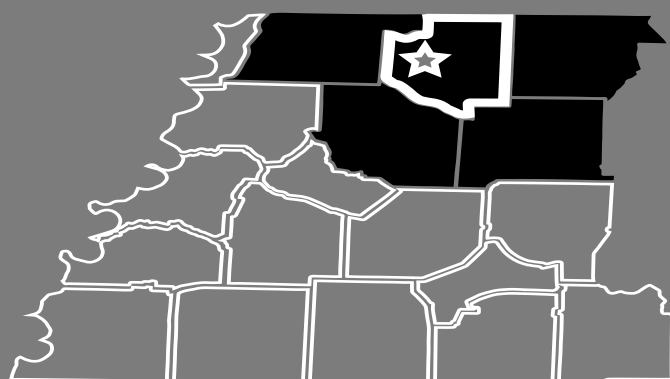
The Physical Therapy clinic opened for business in July 2003 and moved to the current location in the former Varsity Theatre in 2005, with the addition of the 24-hour access fitness center. Since that time, the business has been serving the physical therapy and fitness needs of Weakley County for clients of all ages and all needs. The Sideline staff includes physical therapists and physical therapy assistants who work with clients of all ages following injuries, surgeries, falls, and a variety of orthopedic and neurological conditions. The physical therapy clinic is open from 7 a.m.-6 p.m. Monday through Friday. The emphasis in the physical therapy clinic includes individualized therapy based

on a thorough evaluation, followed by manual therapy, therapeutic exercise and patient education. The staff at The Sideline also works with local schools to provide sports medicine outreach coverage and free injury assessment services. If you've been to a competitive sporting event for a school in Weakley County, you've seen The Sideline's staff members on the sidelines. They provide sports medicine coverage for football, basketball and other athletic events at no cost to our local schools. The Sideline also provides free athletic participation physical examinations to athletes in local schools.

To reach The Sideline, give them a call at 731-587-3422. The business can also be found online at www.thesideline247.com or on Facebook and Instagram (@thesideline247).



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- Physical Therapy Clinic
- 24/7 Fitness Center
- Sports Medicine Outreach

"Proudly serving our local communities since 2003!"

104 Oxford Street | Martin, TN 38237 | P: 731-587-3422 | thesideline247.com