



## Fit to Fight® Travel Guide

### **Fit to Fight® Gastonia**

1122 E Hudson Blvd

Gastonia, NC 28054

Tel#: 704-867-4020

[ftfgastonia.com](http://ftfgastonia.com)

For questions about Hard Ready® email Amber: [amber@fittofight.com](mailto:amber@fittofight.com)

### Itinerary Planning

We suggest **arriving** in Charlotte on Thursday to help with acclimation and ensure a good night's rest before training (as well as making sure that you are on time and do not have to rush!). If you arrive early enough, you are welcome to attend classes at the center that day if you'd like. You can see the full schedule at [www.ftfgastonia.com](http://www.ftfgastonia.com).

If you are attending the first range session on Thursday 10/02 at 12pm, please plan to leave the Charlotte airport no later than 11am. It's about a 30 minute drive to the range from there.

We suggest **departing** Charlotte on Sunday evening to give you enough time to pack, eat, and get to the airport without having to rush or miss any training sessions. We have a shower at the center that you are welcome to use before heading to the airport, currently it is not heated. **You will need to bring your own towel.** We also have body wipes available at the facility.

### Transportation Information

The closest major airport is Charlotte Douglas International Airport (CLT). CLT is Approximately 25-30 minutes from Fit to Fight® Gastonia (15 miles). Some airlines, such as [Allegiant Air](#), fly into Concord Regional Airport which is approximately 45-50 minutes from Fit to Fight® Gastonia depending on traffic.

Orbitz, Priceline, Hotels.com, and Travelocity are known for giving good deals.

**Uber and Lyft** are both available at the airport along with taxis and rental cars. Estimated fare from CLT to Fit to Fight® Gastonia is about \$45.

## **Hard Ready® Hotel Deals**

**1) Hotel Block: Courtyard Charlotte Gastonia \$105/night**

**Last Day to Book : Monday, September 15, 2025**

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1755880100633&key=GRP&app=resvlink>

1856 Remount Road  
Gastonia, NC 28054  
704-852-4411

**2) Tru by Hilton - Avg \$130/night**

534 North New Hope Road  
Gastonia, NC 28054  
<https://www.hilton.com/en/brands/tru-by-hilton/>

**3) Best Western Gastonia - Avg \$110/night**

360 Best Western Ct,  
Gastonia, NC 28054  
[https://www.bestwestern.com/en\\_US.html](https://www.bestwestern.com/en_US.html)

### **General Information**

**Food:**

**Some of our favorites nearby (not very fast):**

**1) Tequilas Mexican Grill**

2212 Union Rd, Unit 300  
Gastonia, NC 28054

**2) Noodles & Co**

2230 E Franklin Blvd  
Gastonia, NC 28054

**3) Sprouts Cafe (Behind the Organic Marketplace)**

1012 S New Hope Rd, Unit B  
Gastonia, NC 28054

Fast food nearby: Taco Bell, Burger King, McDonald's, CookOut, Wendy's, Waffle House, BoJangles, Subway.

Other places to eat/drink nearby: Gaston Pourhouse, Pita Wheel, Jia's Asian Fusion, Cavendish Brewery, Blaze Pizza.

Sunday will change hours of operation for most food locations.

**Useful Places to Know:**

1) Atrium Health Urgent Care  
3320 Robinwood Rd, Unit 100  
Gastonia, NC 28054  
Ph: 980-487-2930

2) Walmart Supercenter  
3000 E Franklin Blvd  
Gastonia, NC 28056

3) CVS Pharmacy (.4 miles away)  
1075 E Hudson Blvd  
Gastonia, NC 28054  
Ph: 704-864-8749

**What to Pack**

We will send out a comprehensive gear list in the next few weeks if not already. For now, use the guidelines below for attire and planning.

**Training Attire**

Feel free to wear your regular training clothes and represent your school! We ask that shorts/pants be at least knee length and shirts/tank tops should not have large baggy cut outs that could be dangerous in training. That said, we have stock of apparel and gear at our training centers, including shirts, hats, wraps, gloves, and more.

You should plan to go through multiple shirts per day so that you are able to change out of excessively sweaty shirts as a courtesy to your training partner.

**Casual Attire**

You will mostly have evenings free to explore the area! Depending on where you go, dress may be casual or a little more formal. October weather in Charlotte/Gastonia could be anything so make sure to check the weather close to your departure date!

**Snacks and Drinks**

Please feel free to bring your own snack and drinks. We have a water fountain and drink/snacks available for purchase. We also have a small fridge and microwave at the center if needed. There will be a coffee truck on site each morning.

**Suggested Packing List**

5-6 training pants/shorts, and shirts  
1 T-Shirt you don't mind getting ripped  
2 Rashguards  
1 Sweatshirt  
1 Pair of athletic shoes

- Bathing suit (some hotels have pools and Jacuzzis)
- Sweat towels
- 1-2 casual outfits if you plan to go out
- 1 pair of casual shoes
- 1 towel if you plan to shower at the center
- Toothpaste, toothbrush, deodorant, and any other toiletries and/or medication you may need.
- Ibuprofen, pain relief rubs, first aid products, and ice packs (it's a lot of training!) Most hotels have ice vending machines you can utilize.

We have first aid and pain relief items at the center if needed for unplanned injuries, but highly recommend having your own available.

### **General Tips**

- You'll have 15 minute breaks between training sessions. We strongly suggest bringing snacks, energy chews/drinks, etc. to the training center.
- Don't forget to eat a good breakfast, but not too much. Grocery/food stores nearby include: Aldi (walking distance), Lidl, Harris Teeter, Food Lion, and Publix.
- After a long day of training, we suggest utilizing rest, ice, heat, ibuprofen/excedrin, etc as necessary. And of course, stay hydrated!