

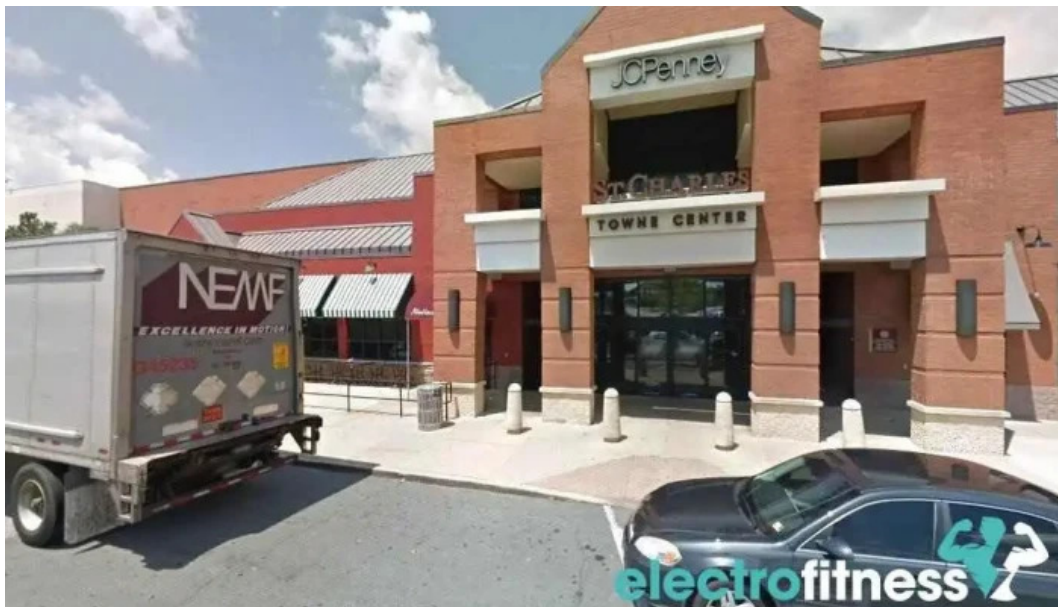
O' Nolem Bawdy - Waldorf

waldorf

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https://www.electrofitness.com/body-shaping-class/waldorf/o-nolem-bawdy-waldorf_174834.php



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O' Nolem Bawdy - Waldorf

Discover the Benefits of Body Shaping Classes at O' Nolem Bawdy in Waldorf, Maryland

If you're looking for an effective way to enhance your body shape and overall fitness, look no further than **O' Nolem Bawdy** in Waldorf, Maryland. This intimate location offers a unique experience that combines accessibility with exceptional results.

Accessibility Features That Matter

O' Nolem Bawdy understands the importance of inclusivity. The facility boasts a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can participate and enjoy the benefits of body shaping classes. Whether you are looking to tone up or reshape your physique, accessibility is paramount, and O' Nolem Bawdy delivers on this front.

A Clean and Intimate Environment

Client feedback highlights the **clean, quiet, and intimate location** of O' Nolem Bawdy. This peaceful setting provides the perfect backdrop for focused workouts, allowing participants to concentrate on their goals without distractions. Many attendees have praised the atmosphere, making each session not just a workout, but a personal retreat.

Expert Instruction from Lona

One of the standout features of O' Nolem Bawdy is the expertise of the instructors, particularly Lona. Clients have described her as **GREAT**, with immediate results noticed after just one session. Her approach combines professional knowledge with a personal touch, making each participant feel valued and motivated.

Book Your Session Today

Ready to transform your body and boost your confidence? Many clients are eager to return for more sessions, noting the immediate impact of the classes. Don't wait—**book another session NOW** at O' Nolem Bawdy and take the first step towards achieving your fitness goals in a welcoming and accessible environment.

We are established at

11110 Mall Cir, 20603 Waldorf, Maryland - United States (US)

The phone number of the mentioned **Body shaping class** is +1240-270-6580
And if you want to send a WhatsApp, you can do so at +1240-270-6580

We open at the following schedule:

Day Hours
Monday

6–10?PM

Tuesday

6–10?PM

Wednesday

5–10?PM

Thursday

5–10?PM

Friday

6?AM–10?PM

Saturday

6?AM–10?PM

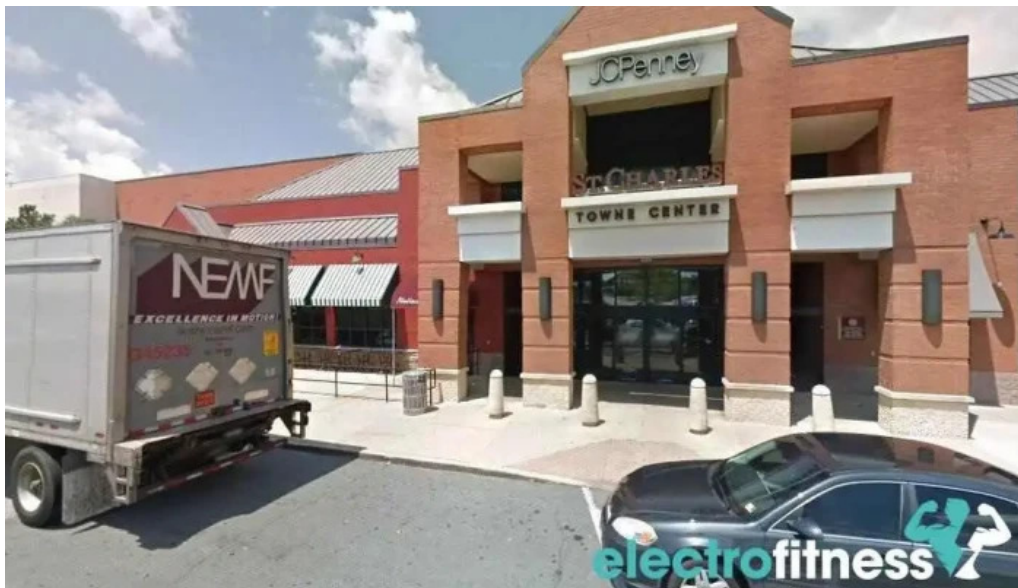
Sunday

5–10?PM

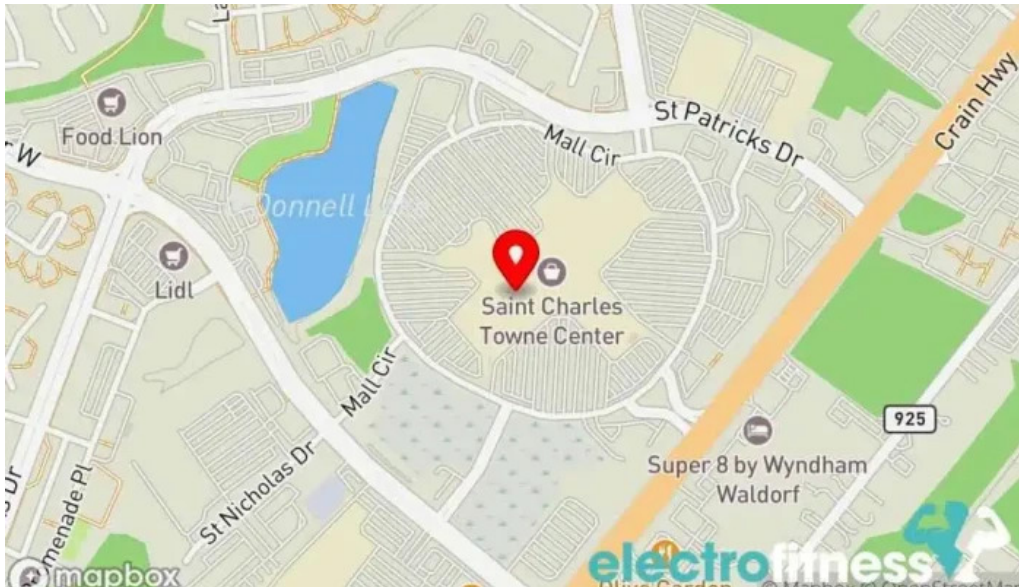
The website is O' Nolem Bawdy

If necessary to modify any data that you feel is incorrect related to this site, we kindly request forward a message and we will handle it promptly. In advance we appreciate it.

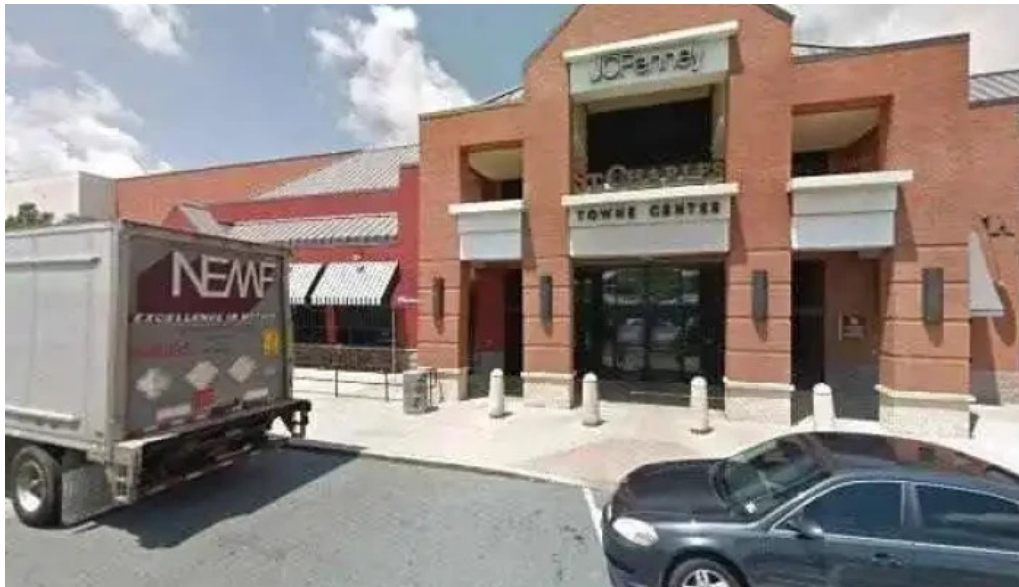
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O nolem bawdy map



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Tags

[Wheelchair-accessible car park](#), [Wheelchair-accessible entrance](#), [Accessibility](#)

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sports school
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tennis club
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