

## Crawford Training and Fitness - Laurel

laurel

☐ I'm not a robot
 

Published on: 23/04/25	Hits: 112
Comments: 0	See comments
Votes: 14	Score: 4.4

[https://www.electrofitness.com/boxing-gym/laurel/crawford-training-and-fitness-laurel\\_219645.php](https://www.electrofitness.com/boxing-gym/laurel/crawford-training-and-fitness-laurel_219645.php)



laurel

## Crawford Training and Fitness - Laurel

### Welcome to Crawford Training and Fitness in Laurel, Maryland

Crawford Training and Fitness is a renowned boxing gym located in Laurel, Maryland. It offers a variety of training programs suitable for all ages and skill levels, ensuring everyone can find their place in the boxing community.

### Accessibility at Crawford Training and Fitness

One of the standout features of Crawford Training and Fitness is its **\*\*wheelchair-accessible car park\*\***. This makes it easier for individuals with mobility challenges to access the gym, allowing everyone to participate in the

boxing experience without barriers. The commitment to **\*\*accessibility\*\*** reflects the gym's inclusive approach, making it a welcoming environment for everyone.

## **Training Programs Offered**

The gym provides a range of programs tailored to different age groups and skill levels. While many parents have praised the training offered, some feedback suggests there may be room for improvement, especially regarding younger participants. For instance, one parent expressed concerns about their child's experience, noting that younger kids sometimes spend time sitting on the sidelines. However, the general consensus about the adult classes is overwhelmingly positive. Many attendees commend Mr. Crawford for his dedication and skill as a trainer. One participant mentioned, "This guy is a master at getting results!" showcasing the effectiveness of the training methods employed at the gym.

## **The Boot Camp Experience**

For those seeking an intense workout, the morning boot camp at Crawford Training and Fitness is highly recommended. Participants often leave feeling accomplished and energized. The supportive group atmosphere plays a crucial role in the boot camp's success, enabling members to push each other while receiving personalized guidance. According to a satisfied member, "Coach will take the time to make sure you are doing the exercise right."

## **Community and Growth**

Crawford Training and Fitness is not just a gym; it's a community where individuals come together to learn and grow. Young athletes like Jordan Hill have thrived under Mr. Crawford's tutelage, with parents noting their children's progress and newfound skills. As one parent proudly stated, "He teaches me all the time what he knows and is working on soon to be the champ!"

## **Conclusion: A Well-Rounded Experience**

In conclusion, Crawford Training and Fitness offers a well-rounded boxing experience for all. With its focus on accessibility, diverse training programs, and a strong sense of community, it stands out as a top choice for boxing enthusiasts in Laurel, Maryland. Whether you are a beginner or looking to compete, this gym has something valuable to offer.

## **We are positioned at**

8730 Cherry Ln, 20707 Laurel, Maryland - United States (US)

The phone number of the mentioned **Boxing gym** is +1410-419-4348  
And if you want to send a WhatsApp, you can do so at +1410-419-4348

## You can visit us at the following hours:

Day Hours

Monday

12:30–2:30?PM

Tuesday

Closed

Wednesday

6?AM–9:30?PM

Thursday

8?AM–9?PM

Friday

6?AM–9:30?PM

Saturday

8?AM–9?PM

Sunday

6?AM–9:30?PM

If necessary to alter any information that you feel is not correct about this page, we ask deliver a message so we can we will correct it as soon as possible. In advance we appreciate it.

## Images



*Crawford training and fitness map*



*Crawford training and fitness laurel*



*Crawford training and fitness all*

## Tags

*Accessibility, Wheelchair-accessible car park*

## Related content

---

**4.4 \*** *Fitness Evolution - Laurel*

---

**4.8 \*** *F45 Training Meridian West - Meridian*

---

**5.0 \*** *F45 Training Centennial Co - Centennial*

---

**4.9 \*** *F45 Training Downtown Boise - Boise*

<b>5.0 *</b>	<i>Regiment Training Center - Fall River</i>
<b>3.6 *</b>	<i>D1 Training Greenwood Village - Greenwood Village</i>
<b>5.0 *</b>	<i>KikFit Training - Mattapoisett</i>
<b>4.9 *</b>	<i>D1 Training Merrillville - Merrillville</i>
<b>5.0 *</b>	<i>F45 Training Valparaiso - Valparaiso</i>
<b>3.6 *</b>	<i>The Training Room - Quincy</i>

## Categories

academic department
acupuncture clinic
amusement park ride
animal feed store
arena
association / organization
athletic club
auditorium
bar
basketball club
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space
dance school
day spa
dollar store
elementary school



exercise equipment store
firearms academy
fitness
fitness center
food producer
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution

recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization