

Sweat Shop Fitness - Kensington

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Sweat Shop Fitness: Your Community-Centric Fitness Center in Kensington, Maryland

Sweat Shop Fitness is more than just a regular gym; it's a welcoming community that fosters a sense of belonging among its members. Nestled in Kensington, Maryland, this fitness center offers a variety of ****on-site services**** and amenities designed to cater to everyone, regardless of their fitness level.

Service Options Tailored to You

At Sweat Shop Fitness, you will find a diverse array of ****service options**** that

include personalized training sessions with exceptional trainers like Sam and Dan. Their expertise helps members to stay on track with their health goals in a supportive environment. Customizable routines accommodate various physical challenges, making it an inclusive space for all ages and body types.

Planning Your Fitness Journey

The planning at Sweat Shop Fitness is intuitive and member-focused. Whether you are a seasoned athlete or new to exercise, the trainers are dedicated to creating a personalized experience. They prioritize your comfort and progress, ensuring that every workout is tailored to meet individual needs, including considerations for ****accessibility**** such as wheelchair-accessible entrance.

Online Classes for Convenience

In today's fast-paced world, maintaining a fitness routine can be challenging. Sweat Shop Fitness offers ****online classes**** that allow members to participate from the comfort of their homes. This flexibility ensures that you can stay committed to your fitness journey, regardless of your schedule.

Accessibility and Community Support

The ****accessibility**** of Sweat Shop Fitness is commendable. With a ****wheelchair-accessible entrance****, it aims to accommodate everyone, creating an open-door policy that welcomes all individuals. Many members appreciate the non-judgmental and supportive atmosphere, making it easy for newcomers to feel comfortable while they work on their fitness goals.

A Membership That Feels Like Family

Becoming a member at Sweat Shop Fitness isn't just about access to equipment; it's about joining a family. The community vibe is palpable, and many members have shared that they feel a strong connection with both staff and fellow gym-goers. The warmth and friendliness of the environment make every visit a pleasant experience.

Conclusion

In summary, Sweat Shop Fitness is not just a gym—it's a haven for personal growth and community bonding. With excellent ****on-site services****, thoughtful ****service options****, and a focus on ****accessibility****, it stands out as a premier fitness destination in Kensington, Maryland. For those seeking a safe and supportive place to achieve their health goals, this gym truly offers everything you need. Whether you prefer working out with a trainer or enjoying classes online, Sweat Shop Fitness has a place for you.

We are located at

10410 Montgomery Ave, 20895 Kensington, Maryland - United States (US)

The phone number of this **Fitness center** is +1301-933-8858
And if you want to send a WhatsApp, you can do so at +1301-933-8858

We open at the following schedule:

Day	Hours
Monday	8?AM–4?PM
Tuesday	8?AM–4?PM
Wednesday	6?AM–7?PM
Thursday	6?AM–7?PM
Friday	6?AM–7?PM
Saturday	6?AM–7?PM
Sunday	6?AM–7?PM

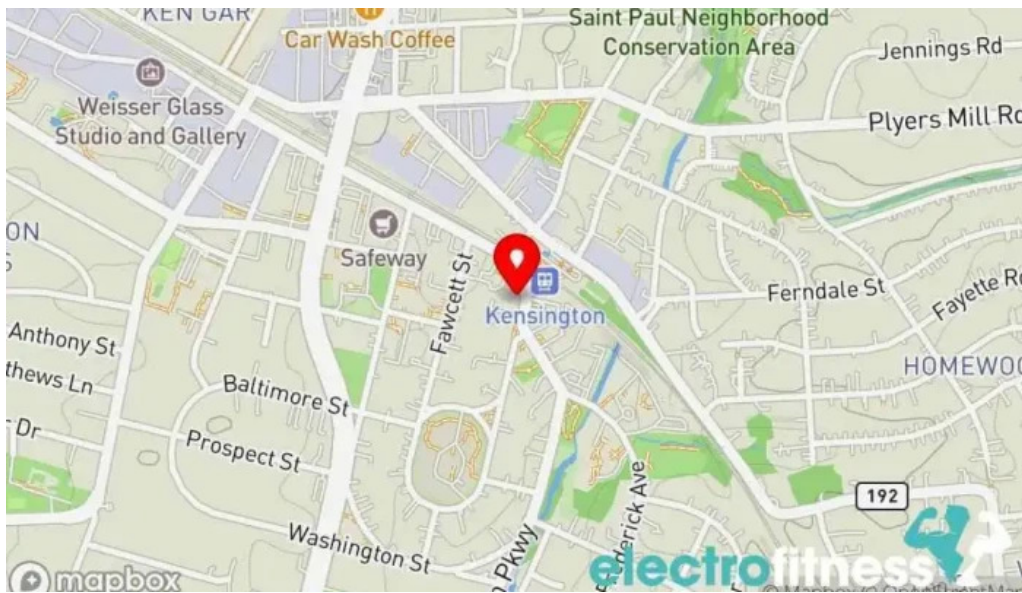
The website is Sweat Shop Fitness

If necessary to change any information that you feel is not precise concerning this portal, we urge you to send us a message so we can we will correct it quickly. With anticipation we appreciate it.

Images



Sweat shop fitness street view 360deg



Sweat shop fitness map



Sweat shop fitness kensington



Sweat shop fitness gym



Sweat shop fitness fitness center



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Sweat shop fitness by owner



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Tags

Online classes, Planning, Membership required, Service options, Accessibility, On-site services, Wheelchair-accessible entrance

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4.8 * *Home gym - Valparaiso*

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