

## Ap7 Performance - La Vale

la vale

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|------------------------|--------------|
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*la vale*

## Ap7 Performance - La Vale

### Welcome to AP7 Performance: A Premier Fitness Center in La Vale, Maryland

AP7 Performance stands out as a **\*\*Black-owned fitness center\*\*** dedicated to helping individuals of all ages achieve their fitness goals. With an emphasis on community and personal growth, this center is not only **\*\*good for kids\*\*** but also offers various amenities ensuring a comfortable experience for everyone.

### Accessibility and On-Site Services

One of the key features of AP7 Performance is its **\*\*accessibility\*\***. The facility

provides a **wheelchair-accessible entrance** and an **on-site parking** lot, which includes a **wheelchair-accessible car park**. Whether you're driving in for a workout or bringing your children along, you can enjoy hassle-free parking and easy access to the building.

## **Planning Your Visit and Appointments**

To ensure personalized training experiences, **appointments are required** for sessions at AP7 Performance. This approach allows trainers like Antonio to plan workouts tailored specifically to each individual's needs. His commitment to understanding where clients are in their fitness journey is unmatched, making every session both effective and enjoyable.

## **A Focus on Kids Fitness**

AP7 Performance recognizes the importance of fitness in children's lives. The center creates a fun and motivating environment where kids can engage in workouts that relate to their interests. As one parent noted, their son, who loves WWE, was able to connect with Antonio during training sessions, making the workouts not just challenging but enjoyable as well. With programs designed for children, AP7 Performance aims to instill confidence and a lifelong passion for fitness.

## **A Positive Training Experience**

Feedback from clients highlights the positive atmosphere fostered at AP7 Performance. Many have praised Antonio for his ability to motivate and inspire, pushing clients to reach their limits while maintaining a sense of fun. With each training session, people report not just improvements in health and fitness but also boosts in self-esteem and confidence.

## **Value for Money**

Many clients have expressed their satisfaction with the value they receive at AP7 Performance. The pricing is noted as reasonable, particularly given the high level of attention and dedication Antonio provides. As families see their children benefiting from both fitness and personal development, the impact of training significantly outweighs the cost.

## **Join the Community**

If you're looking for a friendly and professional fitness training environment, look no further than AP7 Performance. Whether you're a parent seeking an outlet for your children or an individual aiming to meet personal fitness goals, this center has something for everyone. Don't hesitate to check it out and take the first step towards a healthier lifestyle! For those interested in signing up, remember to **plan ahead and make an appointment** to ensure the best experience possible. With **free parking** available and a commitment to meeting clients right where they are, AP7 Performance is ready to welcome you

into their fitness family.

### **We are located at**

1223 A National Hwy, 21502 La Vale, Maryland - United States (US)

The phone number of the mentioned **Fitness center** is +1504-533-8381

And if you want to send a WhatsApp, you can do so at +1504-533-8381

### **Visit us during the following hours:**

Day Hours  
Monday

*Closed*

Tuesday

*8?AM–9?PM*

Wednesday

*8?AM–9?PM*

Thursday

*8?AM–9?PM*

Friday

*8?AM–9?PM*

Saturday

*8?AM–7?PM*

Sunday

*9?AM–7?PM*

The website is AP7 Performance

If necessary to update any element that you think is not accurate about this portal, we urge you to send a message and we will handle it quickly. Thanks beforehand thank you very much.

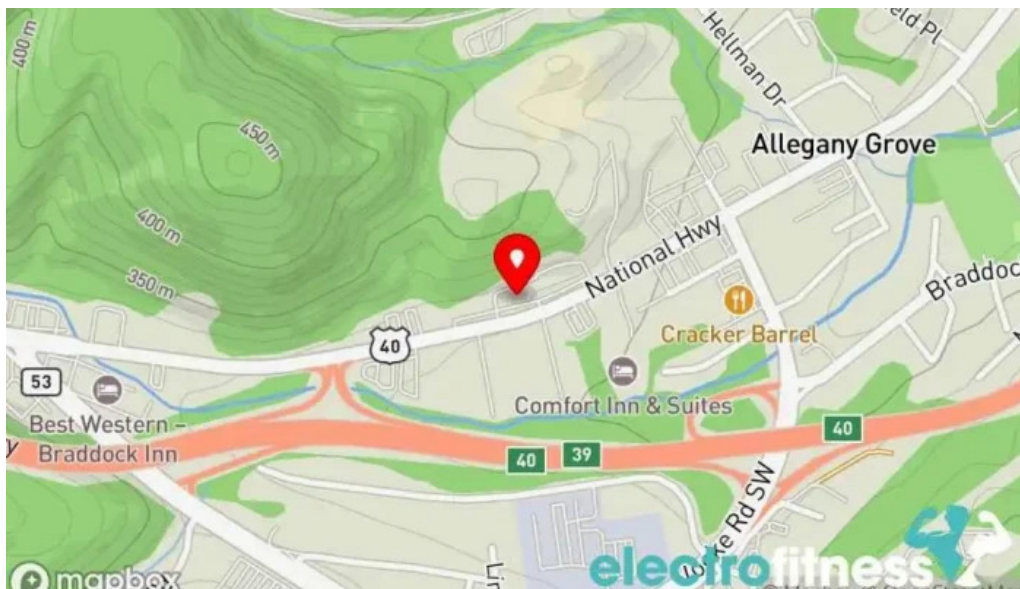
## **Images**



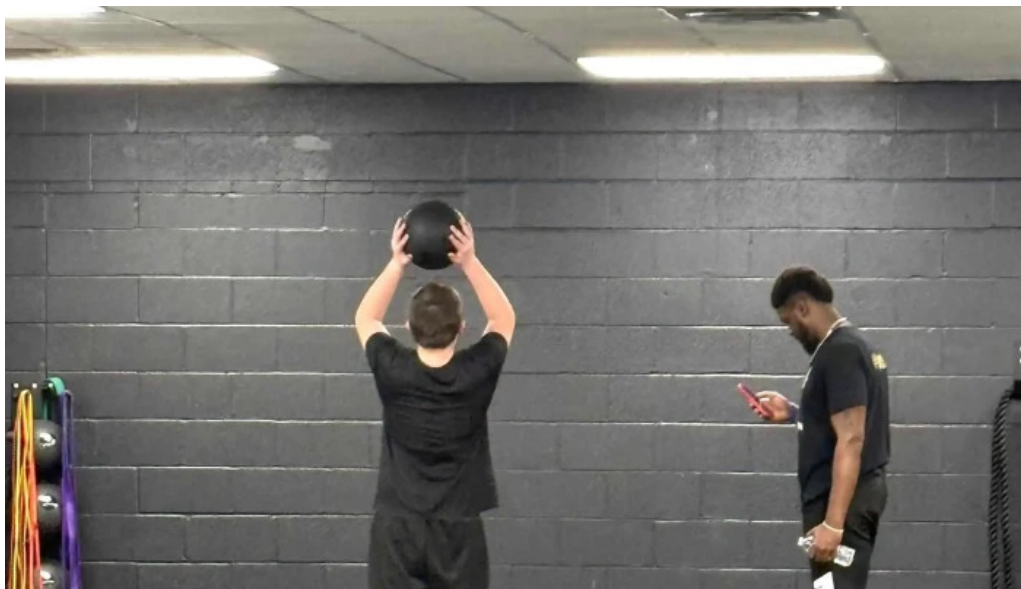
*Ap7 performance street view 360deg*



*Ap7 performance open now*



*Ap7 performance map*



*Ap7 performance la vale*





*Ap7 performance fitness center*



*Ap7 performance by owner*



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## Tags

*Amenities, Wheelchair-accessible car park, Planning, On-site services, Accessibility, Children, Identifies as Black-owned, On-site parking, Parking, From the business, Wheelchair-accessible entrance, Good for kids, Toilet, Appointment required, Free parking lot, Service options*

## Related content

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**5.0 \*** *Gf Performance Lab - Santa Clarita*

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**5.0 \*** *Primal Performance - Denver*

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**5.0 \*** *Mb Performance Institute, Gym - Plymouth*

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**5.0 \*** *Inspired Performance Fitness Studio - Lafayette*

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**4.8 \*** *Pure Performance Martial Arts & Fitness Center - Rockville*

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**5.0 \*** *Yakima Sports Performance - Yakima*

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**4.7 \*** *Performance Fitness Training Hanover - Hanover*

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**4.9 \*** *Peak Performance Colorado Llc - Littleton*

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**5.0 \*** *Raw Sports Performance - Walnut Creek*

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**4.9 \*** *Peak Performance Sports and Spine Physical Therapy - Yakima*

## Comments

*AP is a top-notch professional who tailors your training to suit your specific goals! He keeps you inspired throughout and helps you find your groove to take it up a notch. If you're aiming to get fit or have specific fitness objectives in mind, you won't regret it!*

## Categories

|                            |
|----------------------------|
| academic department        |
| acupuncture clinic         |
| after school program       |
| amusement center           |
| amusement park ride        |
| animal feed store          |
| apartment complex          |
| aquatic centre             |
| arena                      |
| association / organization |
| athletic club              |
| auditorium                 |
| bar                        |
| basketball club            |
| basketball court           |
| batting cage center        |
| 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            |
| cultural center            |
| dance company              |
| dance school               |



|                              |
|------------------------------|
| day spa                      |
| disc golf course             |
| dollar store                 |
| educational institution      |
| elementary school            |
| exercise equipment store     |
| facial spa                   |
| firearms academy             |
| fitness                      |
| fitness center               |
| fitness equipment wholesaler |
| food producer                |
| foot care                    |
| gated community              |
| golf club                    |
| golf course                  |
| golf instructor              |
| grocery store                |
| gym                          |
| gymnasium school             |
| gymnastics center            |
| hair salon                   |
| health consultant            |
| health food restaurant       |
| health food store            |
| 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 spa                  |
| massage therapist            |
| medical group                |

|                                |
|--------------------------------|
| medical spa                    |
| meditation center              |
| metaphysical supply store      |
| muay thai boxing gym           |
| non-profit organization        |
| nutritionist                   |
| park                           |
| parking lot                    |
| parkour spot                   |
| personal trainer               |
| pharmacy                       |
| physical fitness program       |
| physical therapist             |
| physical therapy clinic        |
| pickleball court               |
| pilates studio                 |
| private golf course            |
| public educational institution |
| public swimming pool           |
| recreation center              |
| rehabilitation center          |
| resort hotel                   |
| rock climbing                  |
| rock climbing gym              |
| rv park                        |
| sauna                          |
| school                         |
| school district office         |
| self defense school            |
| senior citizen center          |
| shooting range                 |
| shopping mall                  |
| soccer club                    |
| software company               |
| spa                            |
| spa and health club            |
| sporting goods store           |
| sports club                    |
| sports complex                 |
| sports massage therapist       |
| sports medicine clinic         |
| sports nutrition store         |

|                             |
|-----------------------------|
| sports school               |
| summer camp organizer       |
| supermarket                 |
| swimming facility           |
| swimming instructor         |
| swimming pool               |
| swimming school             |
| tennis club                 |
| thrift store                |
| training centre             |
| vitamin & supplements store |
| weight loss service         |
| weightlifting area          |
| wellness center             |
| wellness program            |
| women's personal trainer    |
| wrestling school            |
| yoga instructor             |
| yoga studio                 |
| youth organization          |