

Elite Bodies, Llc - Silver Spring

silver spring

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Elite Bodies, Llc - Silver Spring

Welcome to Elite Bodies, LLC: Your Premier Fitness Center in Silver Spring, Maryland

If you are looking for a fitness center that combines a sense of community with personalized training, look no further than ****Elite Bodies, LLC****. Conveniently located in Silver Spring, Maryland, this gym is dedicated to providing an inclusive and supportive environment for individuals of all ages and fitness levels.

From the Business

Elite Bodies identifies as a Black-owned gym, striving to create a diverse atmosphere where everyone feels welcome. The trainers, including the highly praised Jeff and Josiah, are known for their extensive knowledge and commitment to helping clients achieve their personal fitness goals.

Accessibility and Amenities

At Elite Bodies, accessibility is a priority. With an ****assistive hearing loop**** in place, the gym ensures that all members can engage in the fitness experience. Additionally, amenities such as a ****swimming pool**** and various service options cater to children and adults alike, making it a fantastic choice for families. Please note that a ****membership is required**** to access these facilities, and appointments for certain classes may also be necessary.

Personalized Training & On-site Services

One of the standout features at Elite Bodies is the personalized approach trainers take with each member. Jeff and Lindsey often customize workouts to meet individual needs, ensuring that each session is both challenging and enjoyable. With small group classes available, participants receive the attention they deserve, enhancing their overall fitness journey.

Good for Kids and Online Classes

Elite Bodies is not only ****good for kids****, but it also offers specific programs tailored to younger fitness enthusiasts. For times when attending in person may not be feasible, the gym provides ****online classes****, allowing everyone the flexibility to stay active regardless of their schedules.

Planning Your Fitness Journey

If you are new to working out or looking to revamp your routine, Elite Bodies is the perfect destination. From inspiring group workouts to one-on-one coaching, the supportive staff encourages members to push their limits while having fun. Many clients have experienced significant transformations, citing both physical and mental improvements since joining.

Community Vibe and Support

The supportive community vibe at Elite Bodies is palpable. Clients often speak about the friendships they've formed and the welcoming environment that makes working out a joyful experience rather than a chore. Whether you're

participating in HIIT, boxing, or strength training, you'll find motivating like-minded individuals cheering you on along the way.

Final Thoughts

In conclusion, if you're searching for a fitness center that prioritizes your well-being, offers diverse services, and cultivates a family-like atmosphere, Elite Bodies, LLC is your go-to spot in Silver Spring, Maryland. With a strong focus on individualized training and community support, this gym truly stands out as a gem in the local fitness scene. Don't miss the chance to become part of a flourishing fitness family!

Our location is in

10111 Colesville Rd #131, 20901 Silver Spring, Maryland - United States (US)

The contact phone of said **Fitness center** is +1301-844-5360

And if you want to send a WhatsApp, you can do so at +1301-844-5360

Our opening hours are:

Day	Hours
Monday	8?AM–3:30?PM
Tuesday	Closed
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	6?AM–8?PM
Saturday	6?AM–8?PM
Sunday	6?AM–8?PM

The website is Elite Bodies, LLC

If necessary to adjust any data that you think is not accurate regarding this portal, we kindly request send a message so that we will handle it as soon as possible. With anticipation thanks for your cooperation.

Images



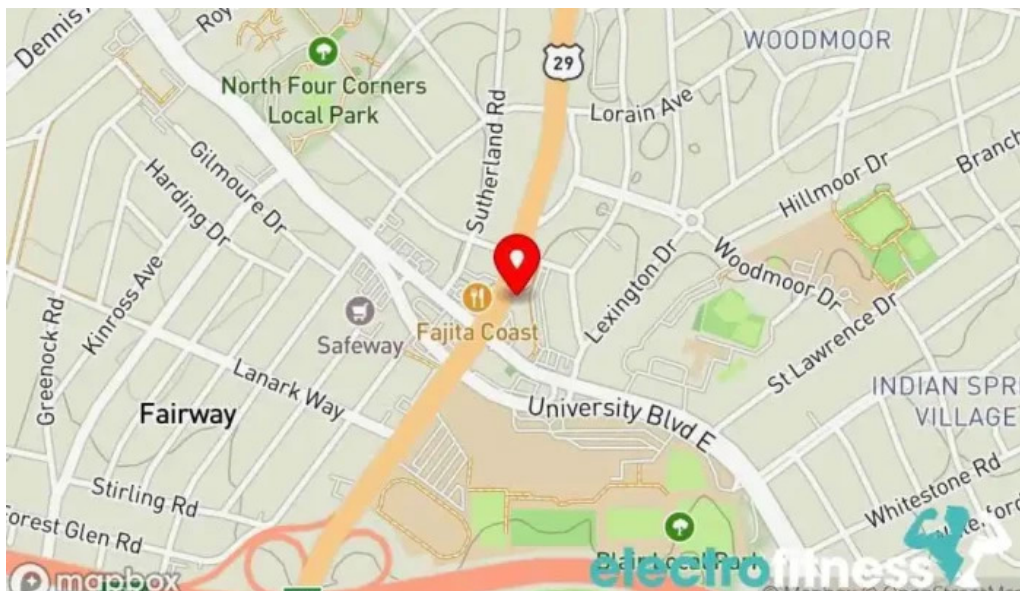
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Elite bodies llc exercise machine



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Tags

Accessibility, Appointment required, Online classes, Children, From the business, On-site services, Assistive hearing loop, Good for kids, Identifies as Black-owned, Swimming pool, Outdoor services, Service options, Planning, Membership required, Amenities

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