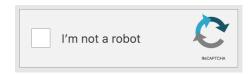


Electro Fitness: Best Electro Fitness

#### **Grit x Grind CrossFit - Waldorf**

waldorf



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https://www.electrofitness.com/fitness-center/waldorf/grit-x-grind-crossfit-waldorf\_174864.php



waldorf

Grit x Grind CrossFit - Waldorf

# Welcome to Grit x Grind CrossFit: Your Neighborhood Fitness Center in Waldorf, Maryland

At Grit x Grind CrossFit, we believe that everyone deserves access to a supportive and motivating workout environment. Located in Waldorf, our fitness center is not just about getting fit; it's about building a community where individuals can strive toward their fitness goals together.

### **Accessibility: A Priority for Everyone**

One of the standout features of Grit x Grind CrossFit is its commitment to

\*\*accessibility\*\*. We recognize that a fitness center should be welcoming to all, including those with mobility challenges. Our \*\*wheelchair-accessible car park\*\* ensures that you can easily access our facilities without any hindrance.

### **A Welcoming Environment**

The moment you step into Grit x Grind CrossFit, you'll be greeted by a warm and friendly atmosphere. As one member stated, "Just got started here. The environment is great, everyone is friendly. No judgement at all." This inclusive vibe makes it easier for newcomers to feel comfortable as they embark on their fitness journey.

#### Wheelchair-Accessible Entrance

Navigating through our fitness center should be hassle-free. That's why we offer a \*\*wheelchair-accessible entrance\*\*, allowing everyone to participate in our dynamic classes and programs. Whether you are lifting weights or joining a group session, access is never a concern at Grit x Grind CrossFit.

### Join a Family Atmosphere

Our members consistently express how Grit x Grind feels like a second home. With phrases like "Great place, amazing people. Killer workout," it's clear that our community thrives on support and encouragement. The sense of camaraderie among members and coaches alike contributes to an inspiring environment where real progress is made.

### **Expert Coaching for Real Results**

At Grit x Grind CrossFit, our dedicated and experienced coaches are committed to helping you achieve your personal fitness goals. With effective training regimens tailored for various skill levels, you'll be on your way to seeing significant improvements. As one satisfied member shared, "Great coaches!! Real progress!"

### **Conclusion: Your Fitness Journey Starts Here**

Whether you're looking to build strength, improve endurance, or simply enjoy a killer workout, Grit x Grind CrossFit in Waldorf, Maryland, is the perfect place for you. With our focus on accessibility, community, and expert coaching, we invite you to join us and become part of our fitness family. Your journey toward a healthier lifestyle begins today!

#### We are located at

52 Industrial Park Dr Unit 20, 20602 Waldorf, Maryland - United States (US)

### Our opening hours are:

Day Hours
Monday
Closed
Tuesday
10?AM-6:45?PM
Wednesday
10?AM-6:45?PM
Thursday
10?AM-6:45?PM
Eriday
10?AM-6:45?PM
Saturday
10?AM-6:45?PM
Sunday
9-11?AM

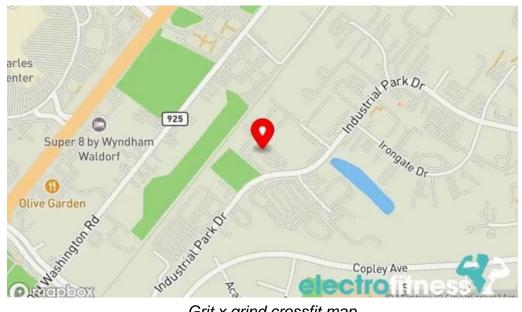
### The website is Grit x Grind CrossFit

If necessary to modify any detail that you consider is not precise related to this page, please forward a message so that we will fix it at the earliest convenience. In advance thanks.

## **Images**

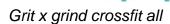


Grit x grind crossfit waldorf



Grit x grind crossfit map







# **Tags**

Wheelchair-accessible entrance, Wheelchair-accessible car park, Accessibility

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boxing ring
children's party service
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convenience store
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dance school
dollar store
elementary school
exercise equipment store
fitness center
golf club
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
hiking area
hospital

hotel
indoor cycling
jujitsu school
karate school
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
non-profit organization
park
personal trainer
physical fitness program
physical therapy clinic
pickleball court
pilates studio
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
spa and health club
sports club
sports complex
sports medicine clinic
sports school
swimming instructor
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
yoga studio