

## Md Fitness - Ahwahnee

ahwahnee

☐ I'm not a robot   
RECAPTCHA

Published on: 30/04/25	Hits: 224
Comments: 0	See comments
Votes: 28	Score: 5

[https://www.electrofitness.com/gym/ahwahnee/md-fitness-ahwahnee\\_257535.php](https://www.electrofitness.com/gym/ahwahnee/md-fitness-ahwahnee_257535.php)



ahwahnee

## Md Fitness - Ahwahnee

### Experience Fitness Like Never Before at MD Fitness in Ahwahnee, California

MD Fitness stands out as a beacon of health and wellness in Ahwahnee, California. With its welcoming atmosphere and expert trainers, this gym is dedicated to helping individuals achieve their fitness goals, regardless of their starting point or physical limitations.

### Accessibility for All

One of the key features of MD Fitness is its commitment to inclusivity. \*\*The

wheelchair-accessible car park\*\* and \*\*wheelchair-accessible entrance\*\* make it easy for everyone to access the facility. This thoughtful design ensures that all community members can embark on their fitness journey without barriers.

## **Coaching That Empowers**

At MD Fitness, you will find trainers like Coach Angela and Coach Mike, who are deeply invested in your progress. Clients rave about their personalized workout plans tailored to individual needs and capabilities. One enthusiastic member shared, "Even with my disabilities, I was able to work out effectively and see real results." The positive reinforcement and expertise provided by the coaches create an environment where every participant feels motivated and supported.

## **Achieve Your Goals Efficiently**

Members have praised the efficiency of the training sessions at MD Fitness. "Don't waste hours in a gym by yourself," one review states, highlighting the effectiveness of directed workouts, which allow you to achieve your fitness objectives in just 30 minutes. This approach is perfect for those with busy schedules, ensuring that your health remains a priority.

## **A Space Designed for Success**

The facility itself is described as clean, spacious, and well-equipped. Clients appreciate the positive energy surrounding the gym, which fosters a sense of community. Testimonials highlight how the supportive environment contributes to lasting changes in physical strength, balance, and overall fitness.

## **Transformative Results**

Clients report remarkable transformations while training at MD Fitness. From weight loss to improved muscle tone, the positive outcomes speak for themselves. One satisfied customer noted losing 20 pounds within three months and described the experience as "the best investment in my physical and mental wellbeing to date." Such testimonies reinforce the effectiveness of the trainers' personalized strategies.

## **Additional Support and Guidance**

In addition to physical training, MD Fitness offers guidance on nutrition and lifestyle habits, ensuring a holistic approach to health. As mentioned by clients, the insightful discussions on nutrition complement the workout routines perfectly, leading to more comprehensive health improvements.

## **Conclusion: Join the MD Fitness Community**

Whether you are new to fitness or looking to elevate your current routine, MD Fitness in Ahwahnee, California, offers a supportive environment for everyone. With accessible facilities, knowledgeable coaches, and a focus on individual

goals, it's no wonder that clients feel empowered and inspired. Take the first step towards better health today and join the MD Fitness community!

**You will find us at**

42308 CA-49, 93601 Ahwahnee, California - United States (US)

The contact phone of said **Gym** is +1209-347-1880

And if you want to send a WhatsApp, you can do so at +1209-347-1880

**We are available at these times:**

Day	Hours
Monday	7:30?AM–7?PM
Tuesday	7:30?AM–7?PM
Wednesday	7:30?AM–7?PM
Thursday	Closed
Friday	Closed
Saturday	7:30?AM–7?PM
Sunday	7:30?AM–7?PM

The website is MD Fitness

If you wish to adjust any detail that you believe is incorrect concerning this site, we ask send us a message so that we will adjust it as soon as possible. Thanks beforehand thank you very much.

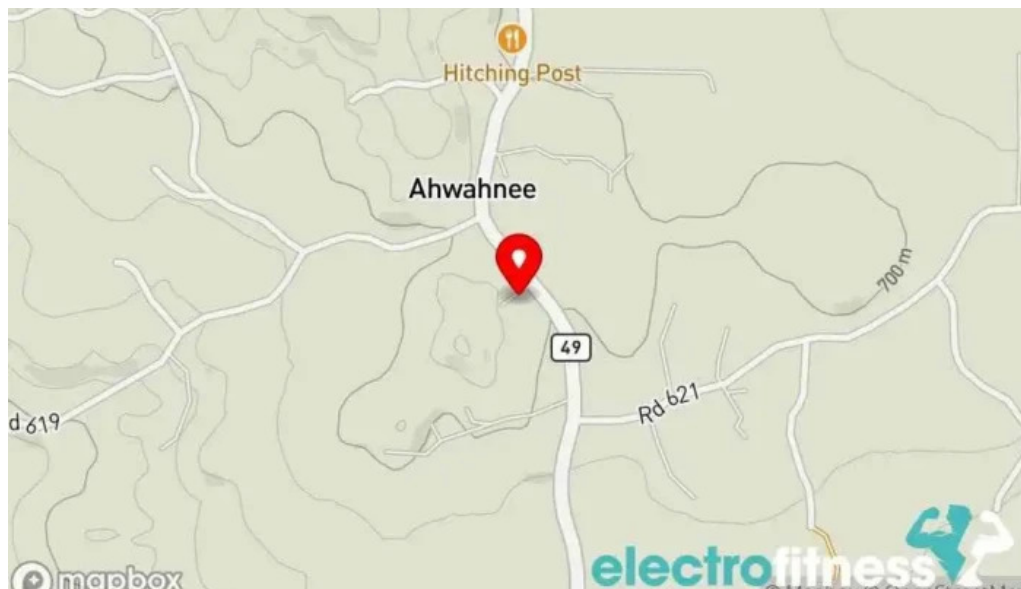
## Images



*Md fitness videos*



*Md fitness street view 360deg*



*Md fitness map*



*Md fitness gym*





*Md fitness all*



*Md fitness ahwahnee*

## Tags

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

## Related content

---

**4.9 \*** *Orangetheory Fitness - Dyer*

---

**5.0 \*** *Studio Ex Cycle & Group Fitness - Hyannis*

---

**5.0 \*** *Huffington Pilates and Fitness Studio - Abilene*

---

**5.0 \*** *Sault Fitness - New Bedford*

<b>4.9 *</b>	<i>Train Unique Lafayette - Lafayette</i>
<b>4.5 *</b>	<i>Planet Fitness - Victorville</i>
<b>4.9 *</b>	<i>Hardcore Fitness Agoura Hills - Agoura Hills</i>
<b>4.8 *</b>	<i>Fitness Evolution - St John</i>
<b>5.0 *</b>	<i>Latitude 39 Fitness - Highlands Ranch</i>
<b>3.5 *</b>	<i>Crunch Fitness - Santa Clarita - Santa Clarita</i>

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
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
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
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 spa
massage therapist
medical spa



meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
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
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
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 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