


## Gold's Gym - Frederick - Frederick

frederick

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## Gold's Gym - Frederick - Frederick

### Gold's Gym - Frederick: A Comprehensive Overview

Located in Frederick, Maryland, **\*\*Gold's Gym\*\*** has been a staple in the fitness community for years. This gym is known for its welcoming atmosphere and various amenities. However, it is essential to consider both the strengths and weaknesses highlighted by patrons.

### Accessibility and Wheelchair-Friendly Features

Gold's Gym in Frederick ensures excellent **\*\*accessibility\*\*** for all users. The facility features a **\*\*wheelchair-accessible entrance\*\*** and a convenient

**\*\*wheelchair-accessible car park\*\***, allowing those with mobility challenges to enjoy their fitness journey without obstacles.

## **Amenities Galore**

One major attraction of Gold's Gym is its wide range of **\*\*amenities\*\***. Members can enjoy: - **\*\*Wi-Fi\*\*** throughout the facility, making it easy to stay connected. - A spacious **\*\*basketball court\*\*** that allows for versatile activities, although some feedback suggests it may not always be utilized efficiently. - A **\*\*sauna\*\***, offering a perfect way to relax post-workout. However, recent comments indicate that the sauna's functionality can vary, with reports of it being out of service for extended periods. Despite the variety of amenities, some users have expressed concerns regarding maintenance, particularly about broken equipment and the cleanliness of specific areas.

## **Membership Experience**

While a **\*\*membership is required\*\*** to enjoy the gym's offerings, many members appreciate the friendly and encouraging staff. Class instructors are often praised for their knowledge and ability to foster a supportive environment. However, some patrons have faced challenges relating to membership sign-up and guest passes, indicating inconsistencies in communication and service.

## **Classes and Personal Training**

The group classes at Gold's Gym are a hit among attendees. Many enjoy the range of classes available and the camaraderie among participants. If you prefer personalized attention, the gym offers personal training sessions tailored to individual fitness goals. Patrons have reported enjoying the classes and noted how certain trainers, like Phil, excel in working with older adults, providing a comfortable training environment that encourages progress.

## **Challenges and Areas for Improvement**

Despite its numerous strengths, Gold's Gym in Frederick is not without challenges. Users have voiced concerns about: - **\*\*Billing practices\*\***: Several complaints highlight issues around unauthorized charges and difficulties in cancellation processes. - **\*\*Space limitations\*\***: Some members find the facility cramped, particularly during peak hours, which can hinder workout experiences. - **\*\*Management and Customer Service\*\***: Feedback indicates dissatisfaction with management responsiveness, leading to frustrations regarding billing and facility issues.

## **Conclusion**

In summary, Gold's Gym in Frederick offers a welcoming atmosphere along with various amenities that cater to diverse fitness needs. While many aspects receive commendation, such as the friendly staff and class offerings, ongoing

issues with management practices and facility maintenance suggest potential areas for improvement. If you're considering joining, visiting during off-peak hours might enhance your experience at this gym.

### **We are at**

5245 Westview Dr, 21703 Frederick, Maryland - United States (US)

The contact line of said **Gym** is +1301-945-9006

And if you want to send a WhatsApp, you can do so at +1301-945-9006

### **Our opening hours are:**

Day Hours  
Monday  
5?AM–11?PM  
Tuesday  
5?AM–10?PM  
Wednesday  
7?AM–7?PM  
Thursday  
7?AM–7?PM  
Friday  
5?AM–11?PM  
Saturday  
5?AM–11?PM  
Sunday  
5?AM–11?PM

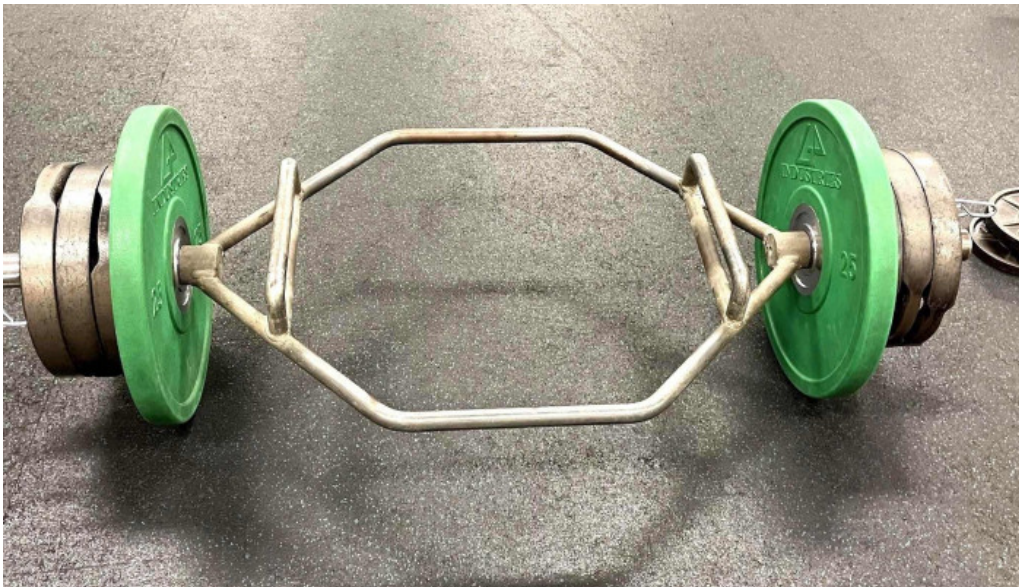
The website is Gold's Gym - Frederick

If necessary to update any data that you think is incorrect concerning this web, we kindly request send a message so we can we will fix it promptly. In advance thanks.

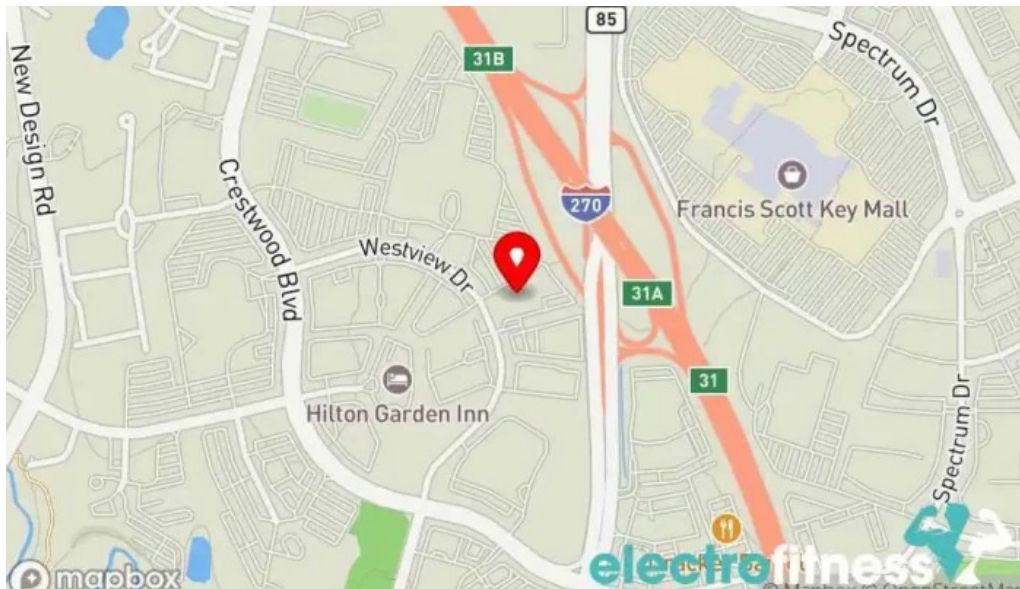
## **Images**



*Golds gym frederick street view 360deg*



*Golds gym frederick promotion*



*Golds gym frederick map*



*Golds gym frederick instagram*



*Golds gym frederick how to get there*

🔥 **Hurry: Final Hours for Black Friday Savings!** - 🚨 **Last Chance Alert!**

🎉 **Last Chance: Black Friday Deals End Soon!** - 🎉 **Don't miss out! Sh**

🎉 **Act fast: Black Friday Sale ENDS SOON!** - 🌟 **Claim Your Unbeatable**

**Don't Miss Out: Exclusive Black Friday Deals at Gold's Gym!** - 🎉 **Act**

🌟 **Exclusive Black Friday Savings: Join Gold's Gym Now!** - 🌟 **Claim Yc**

**Join Gold's Gym Now: Exclusive Black Friday Savings!** - 🌟 **Act fast fo**

🔥 **Black Friday Alert: Unbeatable Gold's Gym Deals Inside!** 🔥 - 🤖 **S**

**Midnight Madness! 🦉 Black Friday Gym Deals Inside!** - 🌟 **Unbeatab**

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## Tags

*Wheelchair-accessible entrance, Basketball court, Wheelchair-accessible car park, Accessibility, Planning, Sauna, Wi-Fi, Membership required, Amenities*

## Related content

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**4.1 \*** *Gold's Gym - Capitol Heights*

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**4.0 \*** *Gold's Gym - Pharr*

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**4.3 \*** *Onelife Fitness - Crystal Park - Arlington*

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**3.9 \*** *Raynham Athletic Club - Raynham*

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|--------------|--|
| <b>3.7 *</b> | <i>Life Time - Framingham</i>            |
| <b>3.9 *</b> | <i>Life Time - Centennial</i>            |
| <b>3.0 *</b> | <i>Life Time - Walnut Creek</i>          |
| <b>4.9 *</b> | <i>Krush Fitness - Merrillville</i>      |
| <b>4.4 *</b> | <i>Oakwood Athletic Club - Lafayette</i> |
| <b>4.1 *</b> | <i>Vasa Fitness - Centennial</i>         |

## Categories

|                            |
|----------------------------|
| academic department        |
| amusement park ride        |
| arena                      |
| association / organization |
| athletic club              |
| bar                        |
| basketball club            |
| body shaping class         |
| boot camp                  |
| boxing gym                 |
| boxing ring                |
| children's party service   |
| chiropractor               |
| church                     |
| club                       |
| coffee shop                |
| community center           |
| convenience store          |
| country club               |
| coworking space            |
| dance school               |
| day spa                    |
| dollar store               |
| elementary school          |
| exercise equipment store   |
| firearms academy           |
| fitness                    |
| fitness center             |
| golf club                  |

|                                |
|--------------------------------|
| golf course                    |
| golf instructor                |
| grocery store                  |
| gym                            |
| 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 therapist              |
| meditation center              |
| non-profit organization        |
| nutritionist                   |
| park                           |
| personal trainer               |
| pharmacy                       |
| physical fitness program       |
| physical therapist             |
| physical therapy clinic        |
| pickleball court               |
| pilates studio                 |
| private golf course            |
| public educational institution |
| recreation center              |
| rehabilitation center          |
| rock climbing gym              |
| school district office         |
| self defense school            |
| shooting range                 |

|                             |
|-----------------------------|
| shopping mall               |
| spa                         |
| spa and health club         |
| sporting goods store        |
| sports club                 |
| sports complex              |
| sports medicine clinic      |
| sports school               |
| supermarket                 |
| swimming instructor         |
| swimming school             |
| tennis club                 |
| thrift store                |
| training centre             |
| vitamin & supplements store |
| weightlifting area          |
| wellness center             |
| wellness program            |
| women's personal trainer    |
| yoga instructor             |
| yoga studio                 |
| youth organization          |