

Life Time - Gaithersburg

gaithersburg

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Life Time - Gaithersburg

Discovering Life Time Gym in Gaithersburg, Maryland

Life Time Gym in Gaithersburg offers a unique atmosphere that combines luxury with fitness. This facility is not just a gym; it's an athletic country club where members can enjoy a variety of services and amenities that cater to both fitness enthusiasts and families.

Atmosphere and Accessibility

The atmosphere at Life Time Gym is vibrant and inviting. With spacious areas for workouts and relaxation, members can truly feel at home. The gym features

wheelchair-accessible seating and entrances, making it accessible to everyone. This inclusivity is crucial for creating a supportive community where all members can thrive.

A Wide Range of Service Options

Life Time offers numerous service options to enhance the fitness experience. Online classes are available for those who prefer to work out at home or on-the-go. Additionally, the gym provides child care services, allowing parents to focus on their fitness while their children engage in fun activities. Members benefit from on-site services including showers and a sauna, ensuring a comprehensive wellness experience.

Top-notch Amenities

Members have access to a variety of amenities, including: - **Basketball Court**: A perfect spot for sports enthusiasts to engage in some friendly competition. - **Outdoor Services**: Enjoy fresh air while working out or lounging by the outdoor pool during the summer months. - **Sauna and Steam Rooms**: Unwind after a rigorous workout in the relaxing sauna, which adds to the gym's holistic approach to health. However, some members have raised concerns about the cleanliness of certain areas, including showers and locker rooms. Ensuring consistent maintenance can enhance the overall experience at Life Time.

Member Experiences and Feedback

Many members appreciate the diverse offerings at Life Time. For instance, one member shared how much they enjoy group training and individual attention under the Signature Membership plan. The feedback also highlights the welcoming nature of the staff, which fosters a strong community spirit. However, there are concerns regarding overcrowding during peak hours, and some areas, such as the mixed martial arts zone, have seen equipment maintenance issues. Addressing these concerns can further elevate the gym's reputation.

Planning Your Visit

With varying hours throughout the week (Mon - Fri: 4 AM - 12 AM, Sat - Sun: 5 AM - 11 PM), planning your visits can help you avoid peak times, making for a more enjoyable experience. If you're interested in basketball, be mindful that scheduling for open gym time can be affected by events and youth programs. Engaging management about scheduling preferences may yield better availability for members.

Conclusion

Overall, Life Time Gym in Gaithersburg, Maryland, offers an exceptional blend of amenities and services tailored to meet the diverse needs of its members. As

a community-driven facility, there's room for enhancement in service consistency and cleanliness, but the foundational offerings provide a robust platform for a fulfilling gym experience. Whether you're looking for intense workouts or a leisurely day by the pool, Life Time is well-equipped to support your fitness journey.

We are established at

10121 Washingtonian Blvd, 20878 Gaithersburg, Maryland - United States (US)

The contact phone of this **Gym** is +1301-569-5100

And if you want to send a WhatsApp, you can do so at +1301-569-5100

You can visit us at the following hours:

Day	Hours
Monday	5?AM–11?PM
Tuesday	5?AM–11?PM
Wednesday	4?AM–12?AM
Thursday	4?AM–12?AM
Friday	4?AM–12?AM
Saturday	4?AM–12?AM
Sunday	4?AM–12?AM

The website is Life Time

If necessary to adjust any information that you consider is not correct about this page, we ask send a message so we can we will adjust it at the earliest convenience. Thank you in advance thank you very much.

Images



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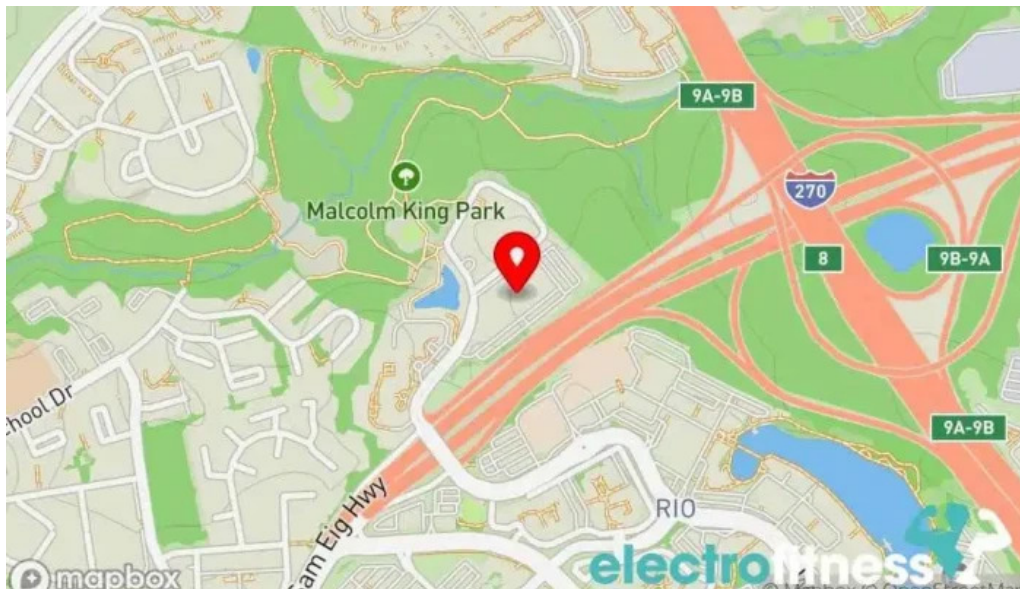
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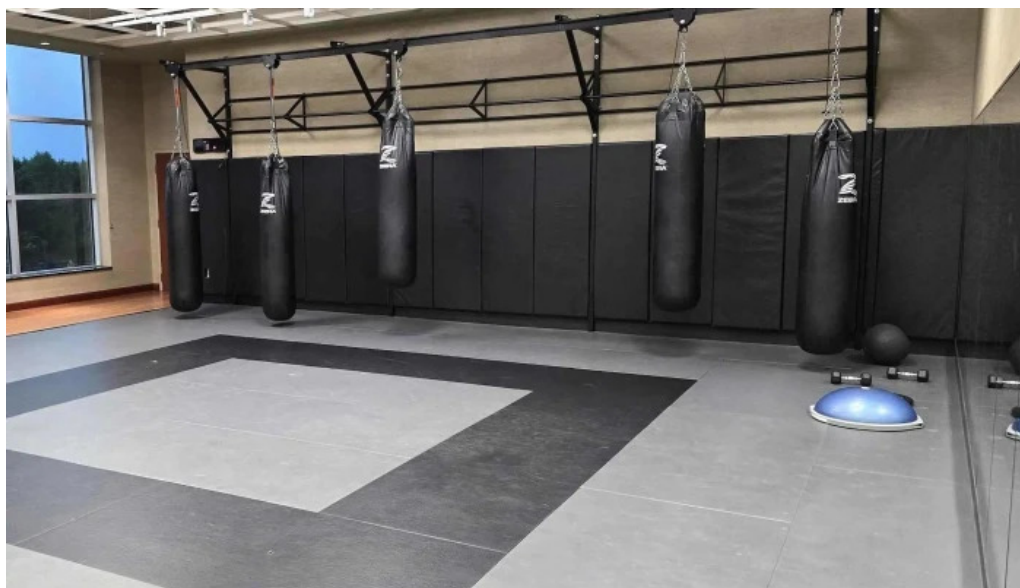
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Life time gym



Life time gaithersburg



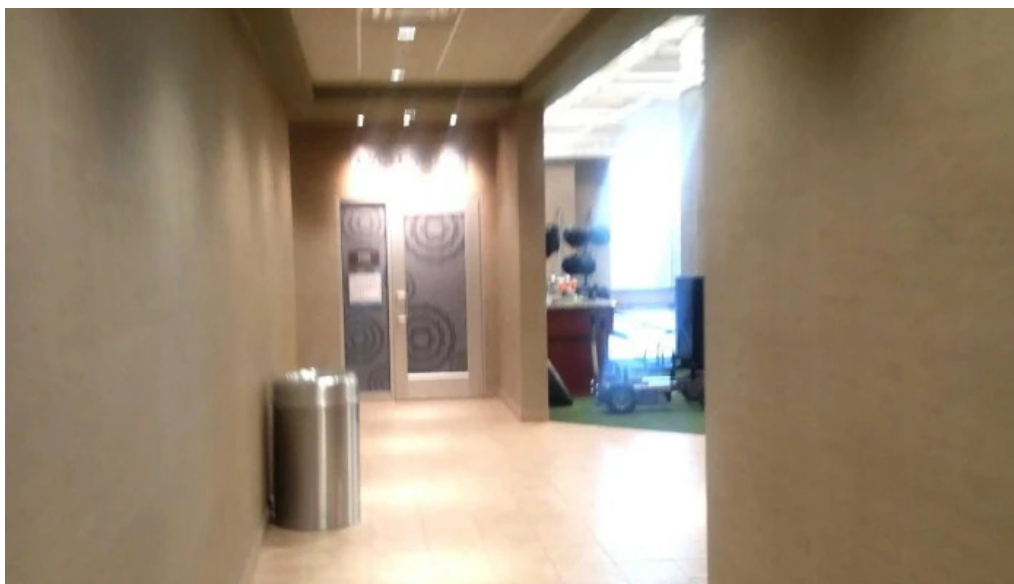
Life time comments



Life time by owner



Life time all



Life time address

Tags

Wheelchair-accessible seating, Planning, Membership required, Basketball court, Outdoor services, Child care, Accessibility, Amenities, On-site services, Wheelchair-accessible car park, Sauna, Service options, Atmosphere, Online classes, Shower, Wheelchair-accessible entrance

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