

## American Fitness Express - Glenelg

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## *American Fitness Express - Glenelg*

### **Exploring American Fitness Express in Glenelg, Maryland**

American Fitness Express is a gym that has been a part of the Glenelg community for several years, and it remains a popular choice for fitness enthusiasts. Offering a range of services and accessibility options, it's a notable facility worth discussing.

#### **Accessibility Features**

One of the significant advantages of American Fitness Express is its **\*\*wheelchair-accessible entrance\*\*** and **\*\*wheelchair-accessible car park\*\***.

These features ensure that all members of the community can access the gym without facing any barriers. The commitment to accessibility demonstrates the gym's effort to create an inclusive environment for everyone.

## **Membership Required**

To make use of the facilities at American Fitness Express, a \*\*membership is required\*\*. This ensures that all members have access to well-maintained equipment and a clean workout environment. However, potential members should consider the feedback from current and former gym-goers regarding service quality and management.

## **Planning Your Visit**

When planning your visit to American Fitness Express, keep in mind that the gym is open 24/7. This allows for flexibility in scheduling workouts, making it convenient for those who may have varying schedules or prefer late-night workouts. Despite some mixed reviews about equipment variety and gym conditions, many appreciate the convenience it offers.

## **Mixed Reviews**

While some patrons express satisfaction with the services provided, others have raised concerns about management practices. Comments indicate a divide in experiences; some members appreciate the owner's dedication to maintaining order and respect within the gym, while others have recounted negative interactions with management. It's crucial for potential members to weigh these experiences when deciding to join.

## **Conclusion**

Overall, American Fitness Express in Glenelg, Maryland, presents itself as a gym with accessibility features and continuous operation. While the requirement of a membership is standard practice, reviews highlight a mix of experiences that potential visitors should consider. The commitment to inclusivity and convenience remains a strong point, but transparency about management practices could improve the overall experience for members. Whether you are a seasoned gym-goer or new to fitness, it may be beneficial to visit and determine if this facility meets your personal fitness needs.

## **Our location is in**

3881 Ten Oaks Rd # B, 21737 Glenelg, Maryland - United States (US)

The contact line of the mentioned **Gym** is +1410-489-9556

And if you want to send a WhatsApp, you can do so at +1410-489-9556

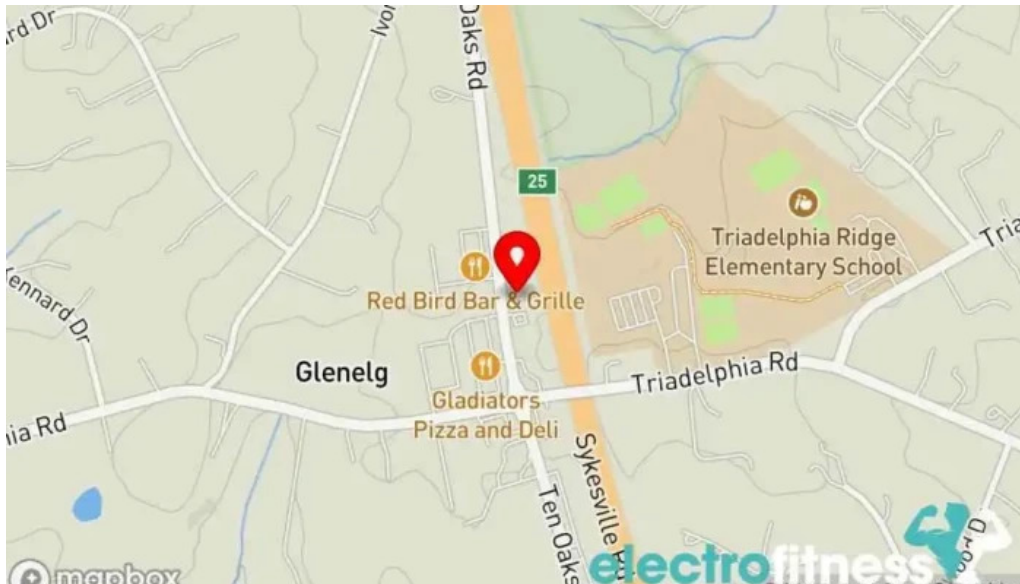
## Our business hours are:

Day Hours  
Monday  
6?AM–9?PM  
Tuesday  
6?AM–9?PM  
Wednesday  
7?AM–2?PM  
Thursday  
7?AM–2?PM  
Friday  
6?AM–9?PM  
Saturday  
6?AM–9?PM  
Sunday  
6?AM–9?PM

The website is [American Fitness Express](#)

If necessary to adjust any detail that you believe is not correct related to this site, please send us a message so we can we will handle it as soon as possible. In advance we appreciate it.

## Images



*American fitness express map*



*American fitness express glenelg*



*American fitness express all*

## Tags

*Wheelchair-accessible car park, Wheelchair-accessible entrance, Planning, Membership required, Accessibility*

## Related content

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**4.1 \*** *Treadmill Express Plus - Acton*

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**3.8 \*** *All-American Gym - Valparaiso*

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**5.0 \*** *American Martial Arts Gym - Waldorf*

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<b>4.9 *</b>	<i>Orangetheory Fitness - Dyer</i>
<b>5.0 *</b>	<i>Hyperthrive Athletics Texas - Abilene</i>
<b>4.8 *</b>	<i>Fitness Evolution - St John</i>

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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