

Muscle House and Fitness - Indian Head

indian head

I'm not a robot 
reCAPTCHA

Published on: 26/03/25	Hits: 160
Comments: 0	See comments
Votes: 20	Score: 4.9

https://www.electrofitness.com/gym/indian-head/muscle-house-and-fitness-indian-head_174744.php



indian head

Muscle House and Fitness - Indian Head

Discover Muscle House and Fitness: The Best Gym in Indian Head, Maryland

Welcome to **Muscle House and Fitness**, a gym that has quickly become a favorite among the fitness community in Indian Head, Maryland. With its top-notch facilities and welcoming environment, this gym is designed to cater to all your workout needs.

Convenient Parking Options

One of the standout features of Muscle House is its **free parking lot**.

Members can enjoy the convenience of ample parking space without any added fees. Additionally, the gym boasts a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that everyone can access the gym easily.

Accessibility and Planning for All Fitness Levels

Muscle House is not just a gym; it's a community. With a focus on ****accessibility****, the facility is designed to be inclusive for all members, allowing everyone to engage in their fitness journey. Whether you're planning a strength training routine, cardiovascular exercises, or simply looking to run, the gym provides everything you need under one roof.

An Environment That Feels Like Home

Reviewers consistently praise the ****wonderful environment**** at Muscle House. From friendly staff to positive gym members, you'll feel right at home as you work towards your fitness goals. The owner, Chris, is often noted for his attentiveness and kindness, making the gym not only a place to train but also a space for mental rejuvenation.

Exceptional Equipment Selection

The gym offers an outstanding selection of equipment, from ****free weights**** and machines to cables, allowing you to tailor your workouts according to your preferences. Members appreciate the continuous upgrades and the quality of maintenance, ensuring that every visit is a fulfilling experience.

A Personal Touch in Your Fitness Journey

Chris, the owner, is dedicated to helping each member achieve their health goals. His extensive knowledge of the equipment and willingness to assist newcomers sets Muscle House apart from larger chain gyms. You will find personalized guidance for perfecting your form and maximizing your workout efficiency.

A Community-Focused Gym

Muscle House and Fitness has positioned itself as more than just a place to lift weights. It's a hub for positive interactions and community spirit. Reviewers have highlighted the cleanliness and safety of the environment, ensuring peace of mind while you focus on your fitness journey.

Membership Requirements

To experience the benefits of Muscle House, a membership is required. However, many members agree that the value offered far exceeds the cost, making it a worthwhile investment for anyone looking to enhance their health and well-being.

Join the Muscle House Community Today!

If you're in Southern Maryland and searching for a gym that combines high-quality equipment, a supportive environment, and accessibility, look no further than Muscle House and Fitness. Become a part of this thriving community where you can truly make your fitness aspirations a reality.

You can come to our business at

4340 Indian Head Hwy, 20640 Indian Head, Maryland - United States (US)

The phone number of said **Gym** is +1301-684-2086

And if you want to send a WhatsApp, you can do so at +1301-684-2086

Our public attention hours are:

Day	Hours
Monday	7?AM–3?PM
Tuesday	6?AM–8?PM
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	6?AM–8?PM
Saturday	6?AM–8?PM
Sunday	7?AM–6?PM

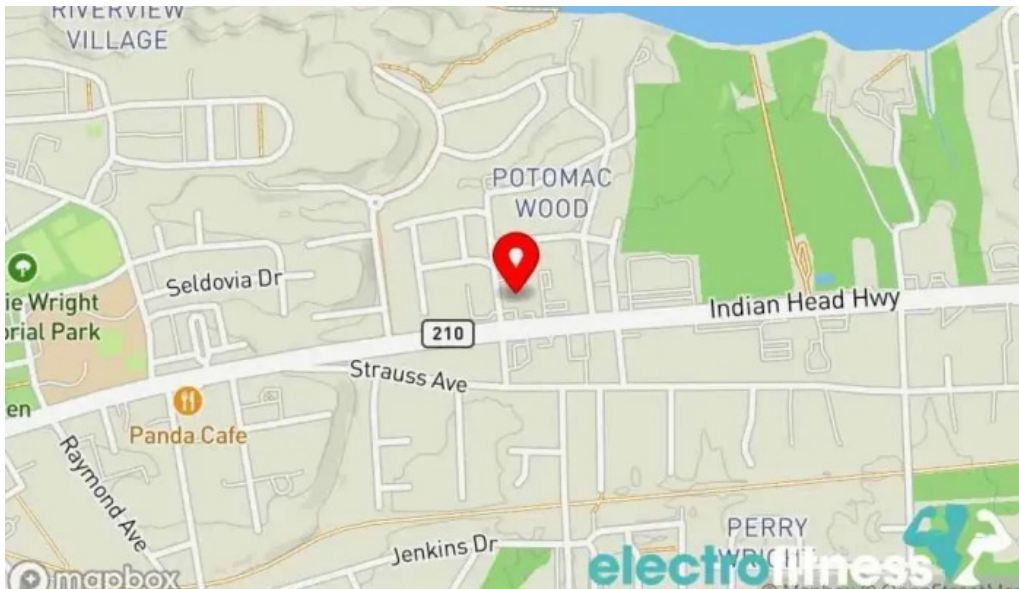
The website is Muscle House and Fitness

If you require to modify any information that you think is not correct concerning this site, we kindly request send a message so we can we will handle it at the earliest convenience. In advance thanks.

Images



Muscle house and fitness street view 360deg



Muscle house and fitness map



Muscle house and fitness indian head



Muscle house and fitness gym



Muscle house and fitness by owner



Muscle house and fitness all

Tags

Planning, Parking, Membership required, Free parking lot, Wheelchair-accessible entrance, Wheelchair-accessible car park, Accessibility

Related content

4.9 * *Abilene Yoga House + - Abilene*

5.0 * *Clubhouse Athletics - Abbottstown*

4.8 * *GritFit Abilene - Abilene*

4.9 * *Arc Fitness - Indianapolis*

4.8 *	<i>MainStreet Commons - Absarokee</i>
5.0 *	<i>Carley Newton Group Fitness - Portage</i>
3.7 *	<i>Portage Township Ymca - Portage</i>
5.0 *	<i>Ignite Fitness La - Lafayette</i>
4.5 *	<i>Chrome Bar - Absarokee</i>
4.5 *	<i>Anytime Fitness - Chesterton</i>

Categories

amusement park ride
arena
association / organization
athletic club
bar
body shaping class
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
dance school
dollar store
elementary school
exercise equipment store
fitness center
golf club
grocery store
gym
gymnastics center
hair salon
health consultant
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
sports club
sports complex
sports medicine clinic
sports school
swimming instructor
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga studio