

Team Eckenrode Gym & Fitness - Kensington

kensington

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Discover Team Eckenrode Gym & Fitness in Kensington, Maryland

Located in the heart of Kensington, Maryland, ****Team Eckenrode Gym & Fitness**** is a powerhouse for fitness enthusiasts looking to elevate their training experience. This gym is not just another facility; it's a community that thrives on dedication, support, and genuine camaraderie among its members.

Accessibility for Everyone

One of the standout features of Team Eckenrode is its ****wheelchair-accessible entrance**** and ****wheelchair-accessible car park****, ensuring that everyone can

enjoy a safe and comfortable workout environment. Accessibility is a priority here, making it an inclusive space that welcomes all fitness levels.

A Member-Driven Experience

Becoming a member at Team Eckenrode requires commitment, but the value you get in return is immeasurable. Members rave about the abundance of *high-quality equipment*, which caters to both powerlifting and bodybuilding. The facility may not be the newest or fanciest, but it is heavy-duty, well-maintained, and specifically designed for serious lifters. Moreover, you'll experience **no waiting for equipment**, allowing for a seamless workout session.

An Atmosphere Like No Other

This gym boasts a **family atmosphere** where every member feels at home. Regulars often mention how friendly and helpful both the staff and fellow gym-goers are. The owner, Eric, is particularly noted for his approachable demeanor and expertise in fitness, creating an environment that motivates individuals to push their limits.

Expert Guidance and Support

With decades of experience, Eric and his team of skilled trainers, nutritionists, and massage therapists are dedicated to providing personalized support. Whether you're just starting your fitness journey or are a seasoned athlete, the trainers here offer invaluable guidance tailored to your specific needs. Team Eckenrode prioritizes your fitness goals, ensuring that each visit is a transformative experience.

Equipment and Facilities

Team Eckenrode is equipped with everything you need for an effective workout. From free weights to cardio machines, every piece of equipment is carefully selected to meet the demands of serious trainees. And for those interested in group activities, the gym features a full spar mat and a half-sized basketball court, making it ideal for diverse training routines.

A Community That Cares

Members consistently highlight the supportive nature of the gym. It's not just about working out; it's about building relationships. The community fosters an encouraging environment where friendships are formed and fitness goals are shared.

Your Next Step Towards Fitness

If you're searching for a gym that combines quality equipment, expert guidance, and a welcoming community, look no further than Team Eckenrode Gym & Fitness. This gym is truly a **gold nugget** for those passionate about

their fitness journey. Stop by today and experience the difference for yourself! In conclusion, Team Eckenrode offers not just a workout space, but a complete fitness package. With its focus on accessibility, community, and dedicated support from knowledgeable staff, it's a place where anyone can thrive on their path to health and wellness.

Our business is found at

4961 Nicholson Ct, 20895 Kensington, Maryland - United States (US)

The phone of the mentioned **Gym** is +1301-230-9393

And if you want to send a WhatsApp, you can do so at +1301-230-9393

We look forward to seeing you at:

Day	Hours
Monday	7?AM–3?PM
Tuesday	9?AM–2?PM
Wednesday	5:30?AM–8?PM
Thursday	5:30?AM–8?PM
Friday	5:30?AM–8?PM
Saturday	5:30?AM–8?PM
Sunday	5:30?AM–8?PM

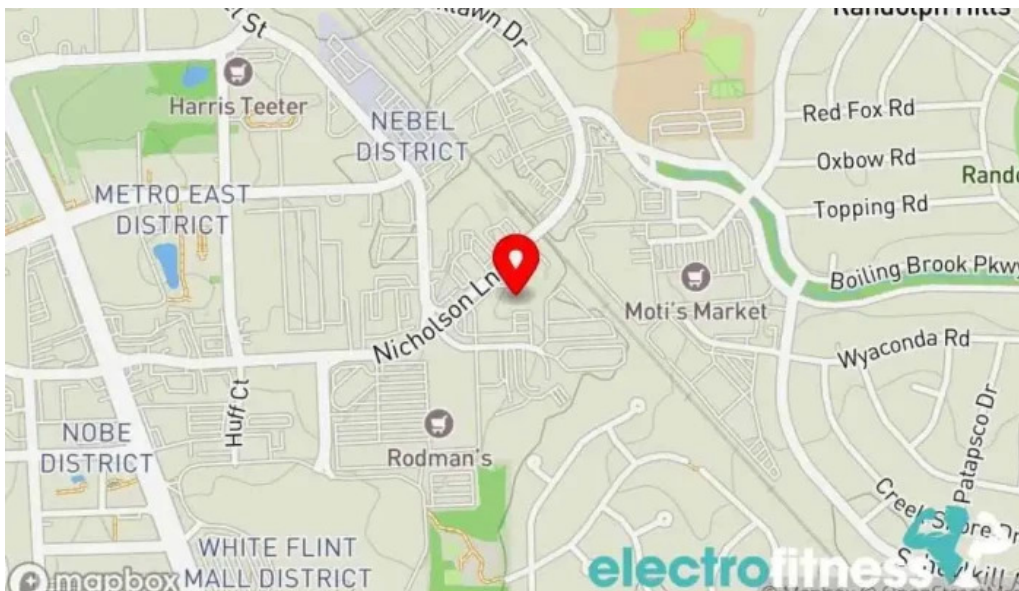
The website is Team Eckenrode Gym & Fitness

If you need to change any element that you consider is not correct concerning this portal, we ask forward a message so we can we will adjust it as soon as possible. With anticipation thanks.

Images



Team eckenrode gym fitness street view 360deg



Team eckenrode gym fitness map



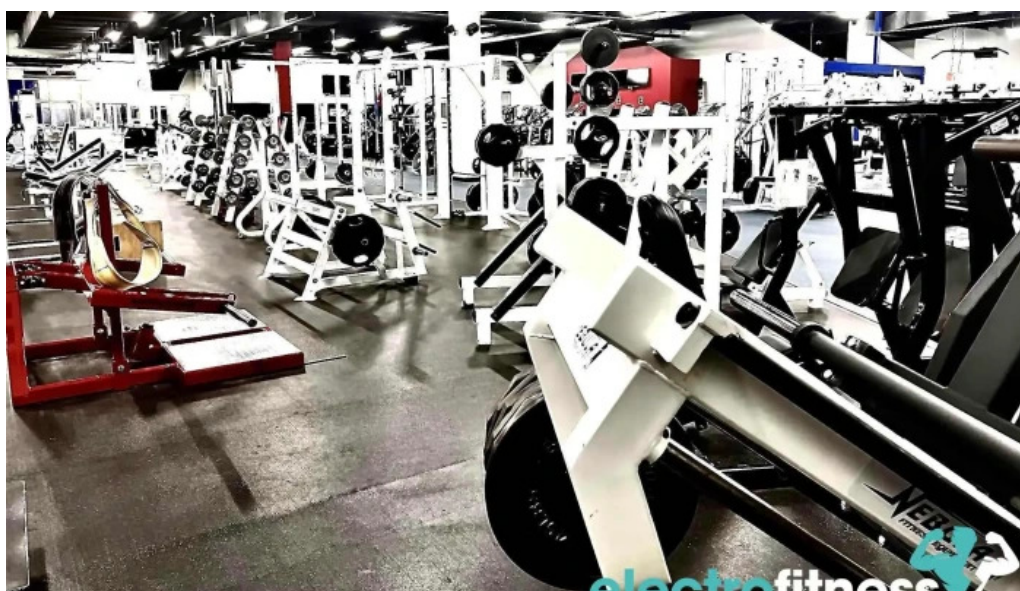
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Tags

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

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