

Fitness Edge Md - Rockville

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Fitness Edge Md - Rockville

Discover Fitness Edge MD: Your Ultimate Gym Experience in Rockville

Fitness Edge MD, located in the heart of Rockville, Maryland, is not just a gym; it's a thriving community that offers an array of **outdoor services** and diverse **service options** to accommodate all fitness levels. This inclusive establishment prides itself on being **LGBTQ+ friendly** and cultivating a warm atmosphere for everyone.

Exceptional Accessibility Features

The gym is equipped with a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that all members can thrive in a supportive environment. Additionally, it boasts **gender-neutral toilets** and accessible facilities, including a clean **toilet** area, reinforcing its commitment to **accessibility**.

A Welcoming Community Experience

When you step into Fitness Edge, you're immediately embraced by an encouraging community. Members range from novices to experienced athletes, fostering a welcoming vibe where everyone motivates one another. Many have noted the gym's familial atmosphere, where you can bring your baby or small child along without fear of judgment.

Top-Notch Amenities

With a modern **swimming pool** and an array of amenities, Fitness Edge ensures you have everything you need for a complete workout experience. The classes are designed to be challenging yet enjoyable, keeping you engaged while pushing your limits. Many members rave about the variety in training, ensuring that boredom is never an option at this gym!

Training Options Tailored for You

Whether you prefer **online classes** or traditional in-person training, Fitness Edge has you covered. Personal trainers, like the highly praised **Coach Tungi**, provide individualized attention and modifications to help each member achieve their fitness goals. His engaging coaching style and detailed exercise explanations make every session enlightening and enjoyable.

Planning for Success

At Fitness Edge, planning your fitness journey is a collaborative effort. The trainers work closely with you, identifying your strengths and areas for improvement. This personalized approach empowers members to take control of their fitness journeys, creating a space where health and wellness are more than just goals, but a lifestyle.

Community Celebrations and Support

The camaraderie among members is palpable, with many describing their fellow gym-goers as a **second family**. Regular celebrations and challenges keep the spirits high, reinforcing the sense of belonging and support. Whether you're

looking to lose weight, gain muscle, or simply find a fitness regimen that works for you, Fitness Edge offers a transformative environment.

A Black-Owned Business Committed to Change

Fitness Edge proudly identifies as a **Black-owned business** that actively contributes to the local community in Rockville. Engaging with members from diverse backgrounds, the gym seeks to empower everyone who walks through its doors.

Join the Movement Today!

If you're seeking a gym that transcends typical fitness experiences, look no further than Fitness Edge MD. With a commitment to inclusivity, hard work, and fun, you're bound to find your perfect fit. Discover this exceptional space today—sign up for a free trial and witness the transformative impact of Fitness Edge for yourself!

Our business is at

16827 Crabbs Branch Way Derwood, 20855 Rockville, MD - United States (US)

The phone of said **Gym** is +1240-370-5836

And if you want to send a WhatsApp, you can do so at +1240-370-5836

We are available at these times:

Day	Hours
Monday	10–11?AM
Tuesday	10?AM–12?PM
Wednesday	6–7?AM 9:30–10:30?AM 12–1?PM 5–7?PM
Thursday	6–7?AM 9:30–10:30?AM 12–1?PM 5–7?PM
Friday	6–7?AM 9:30–10:30?AM 12–1?PM 5–7?PM
Saturday	6–7?AM 9:30–10:30?AM 12–1?PM 5–7?PM
Sunday	6–7?AM 9:30–10:30?AM 12–1?PM 6–7?PM

The website is [Fitness Edge MD](#)

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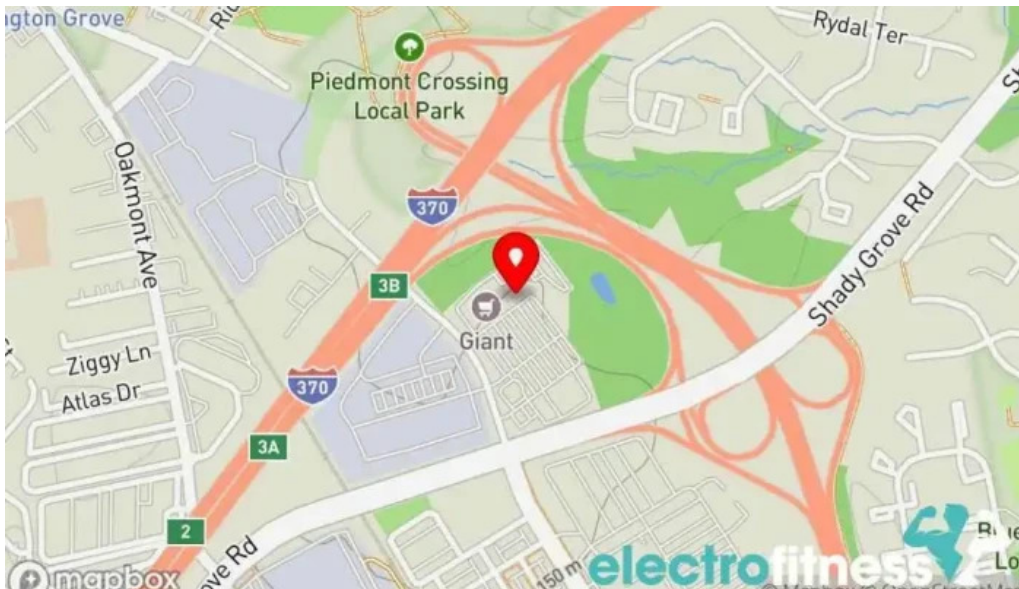
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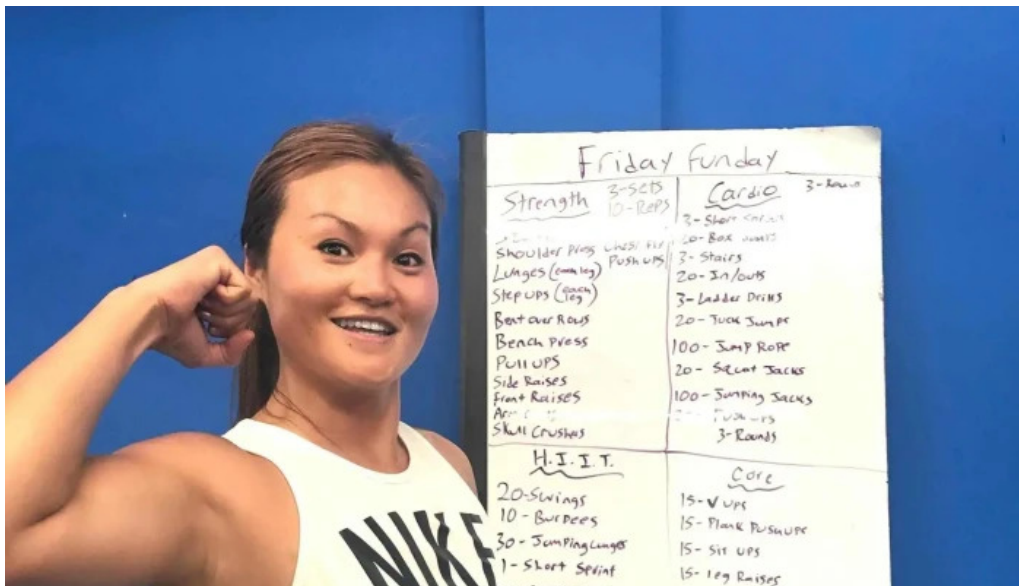
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Fitness edge md by owner



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Tags

Accessibility, From the business, Wheelchair-accessible entrance, LGBTQ+ friendly, Toilet, Amenities, Outdoor services, Wheelchair-accessible car park, Planning, Swimming pool, Crowd, Online classes, Membership required, Gender-neutral toilets, Service options, Transgender safe space, Identifies as Black-owned

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