

Onelife Fitness - Rockville - Rockville

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OneLife Fitness - Rockville: A Comprehensive Overview

Located in the heart of Rockville, Maryland, **OneLife Fitness** stands out as a premier gym that offers a variety of **amenities** tailored for fitness enthusiasts of all levels. With its state-of-the-art facilities and welcoming atmosphere, it has become a favorite among locals.

Amenities That Enhance Your Experience

OneLife Fitness boasts an impressive range of **on-site services** designed to meet all your fitness needs. From an expansive weightlifting area to cardio machines, you'll find everything you need for an effective workout. Additionally, facilities include:

Swimming Pool: Ideal for low-impact workouts and relaxation. **Sauna:** Perfect for post-workout relaxation and recovery. **Basketball Court:** Great for recreational play and team activities. **Shower Facilities:** Ensure you can freshen up after your workout.

Accessibility Features

OneLife Fitness is committed to inclusivity, featuring a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**. This ensures that everyone can enjoy the facilities comfortably.

The Perfect Atmosphere for Fitness Enthusiasts

The atmosphere at OneLife Fitness is widely praised for being motivating and friendly. Members often highlight the supportive staff, including individuals like Jocelyn and Eleni, who are known for their exceptional customer service and positivity. This welcoming environment fosters a sense of community, making every visit enjoyable.

Planning Your Visit

For those considering joining OneLife, bear in mind that a **membership is required** to access the gym's extensive amenities and services. The gym is spacious, with two levels dedicated to various fitness activities. Whether you prefer group classes or working out solo, there's something for everyone.

Reviews and Member Experiences

Feedback from members consistently reflects satisfaction with both the facilities and staff. Many note the cleanliness of the gym, and the wide array of equipment available. However, some have mentioned challenges with parking during peak times, which can affect accessibility. Despite this, the positive experiences shared by members often outweigh the negatives.

Conclusion

If you're looking for a gym that combines quality amenities with a welcoming atmosphere, **OneLife Fitness - Rockville** is a fantastic option. With its dedicated staff, rich array of facilities, and focus on member satisfaction, it's clear why this gym has garnered such positive reviews. For anyone in the Rockville area, it's worth checking out!

We are at

1407 Research Blvd, 20852 Rockville, Maryland - United States (US)

The contact phone of said **Gym** is +1240-599-8383

And if you want to send a WhatsApp, you can do so at +1240-599-8383

Our service hours are:

Day Hours
Monday
7?AM–8?PM
Tuesday
8?AM–7?PM
Wednesday
5?AM–11?PM
Thursday
5?AM–11?PM
Friday
5?AM–11?PM
Saturday
5?AM–11?PM
Sunday
5?AM–9?PM

The website is Onelife Fitness - Rockville

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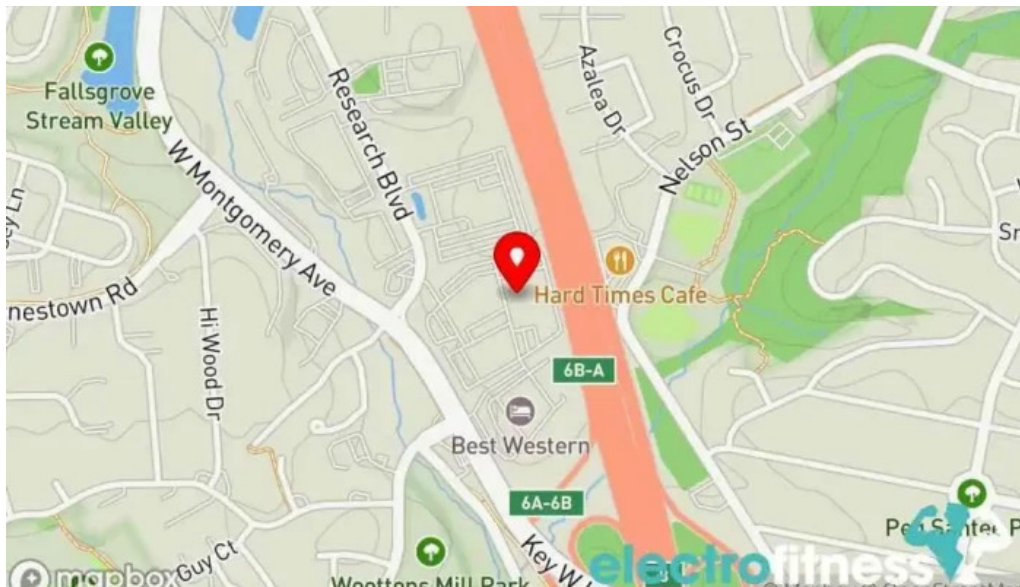
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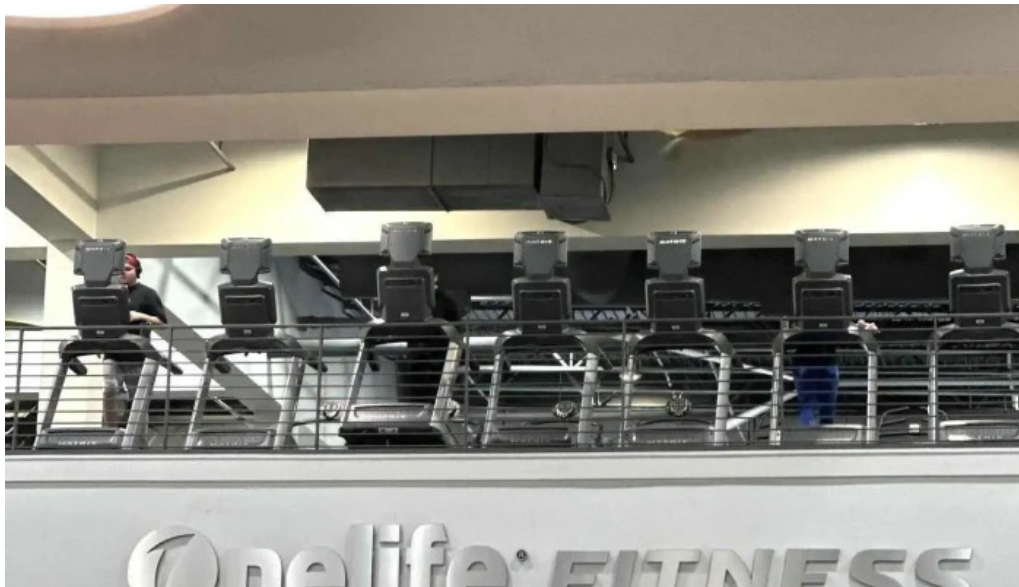
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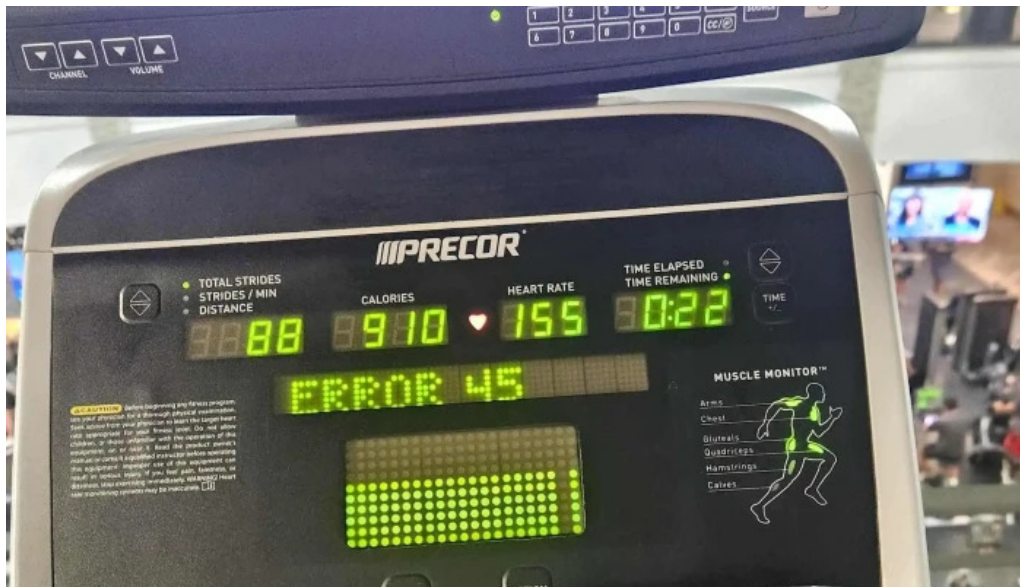
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Tags

Sauna, Membership required, Wheelchair-accessible entrance, Atmosphere, Planning, Amenities, Accessibility, Service options, Basketball court, Swimming pool, Wheelchair-accessible car park, On-site services, Shower

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