

9Round Kickboxing Fitness - Waldorf

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Discover 9Round Kickboxing Fitness in Waldorf, Maryland

If you're searching for a fitness environment that combines effective workouts with a supportive community, **9Round Kickboxing Fitness** in Waldorf, Maryland, is the place to be. This unique gym stands out due to its impressive **service options**, outstanding **amenities**, and welcoming atmosphere.

Service Options and Accessibility

9Round offers an innovative approach to fitness with its **24/7 access**. Members can enjoy workouts at their convenience, fitting exercise into a busy lifestyle. The gym's structure allows you to jump into a workout at any time, completing 9 rounds of high-energy kickboxing routines in just 30 minutes. This flexibility is especially beneficial for individuals balancing work and personal commitments. Additionally, the gym is equipped with a **wheelchair-accessible entrance** and a **wheelchair-accessible toilet**, ensuring that everyone can experience the benefits of kickboxing. Members appreciate the **gender-neutral toilets**, providing an inclusive environment for all.

Amenities That Enhance Your Experience

At 9Round, the focus is not just on physical fitness but also on creating a motivating atmosphere. The facility features pristine equipment, which receives rave reviews from members. With on-site services provided by knowledgeable trainers, individuals receive proper guidance and encouragement throughout their workouts. The **heart rate monitoring technology** helps track progress, ensuring every member stays accountable and motivated.

Community Feel: More Than Just a Gym

What truly sets 9Round apart is its sense of community. Members describe the culture as friendly, supportive, and family-like. Many have formed lasting friendships while achieving their fitness goals. Regular workshops and events enhance technique and allow for social interaction, making it a vibrant community for fitness enthusiasts.

Those who join 9Round often express their appreciation for the attentive trainers like "Boss Lady" and "Honeybee," who provide personalized support and motivation. This level of engagement contributes to the enjoyable atmosphere where newcomers feel welcomed and veterans keep pushing their limits.

Online Classes for Enhanced Flexibility

For added convenience, 9Round offers **online classes** through its member portal. This option enables individuals to maintain their fitness regime even when they cannot make it to the gym, demonstrating 9Round's commitment to accommodating various lifestyles.

Join the 9Round Family Today

With its combination of effective workouts, friendly trainers, and a supportive community, 9Round Kickboxing Fitness in Waldorf, MD, is undoubtedly a gym worth exploring. Whether you're a seasoned athlete or just starting your fitness journey, you'll find everything you need to succeed within this empowering

environment. Embrace the chance to transform your fitness experience and become part of the 9Round family!
Don't forget to schedule your introductory session today and see firsthand why so many members rave about their time at 9Round!

Our location is in

2875 Crain Hwy Suite 5A, 20601 Waldorf, Maryland - United States (US)

The contact phone of the respective **Gym** is +1301-710-5376
And if you want to send a WhatsApp, you can do so at +1301-710-5376

Our business hours are:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

The website is 9Round Kickboxing Fitness

If you wish to update any data that you consider is not precise related to this site, we kindly request deliver a message and we will handle it promptly. Thank you in advance we appreciate it.

Images



9round kickboxing fitness waldorf



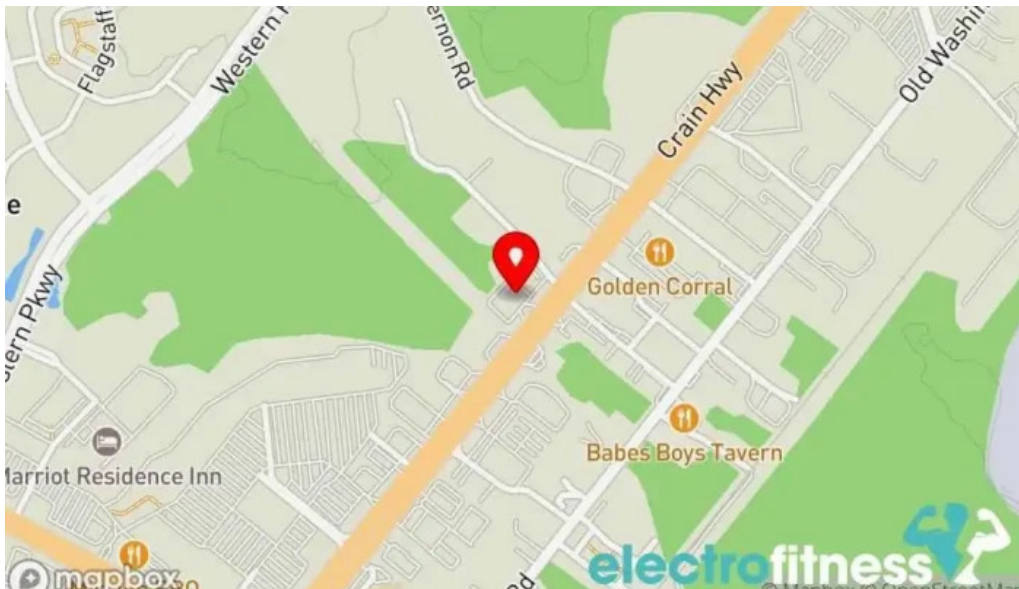
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Tags

Accessibility, On-site services, Toilet, Service options, Wheelchair-accessible car park, Planning, Gender-neutral toilets, Wheelchair-accessible entrance, Amenities, Membership required, Wheelchair-accessible toilet, Online classes

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