

## Method Gym - Waldorf, Md - Waldorf

waldorf

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waldorf

### *Method Gym - Waldorf, Md - Waldorf*

#### **Discover Method Gym: Your Comprehensive Fitness Hub in Waldorf, MD**

Method Gym in Waldorf, Maryland, stands out as an exceptional fitness facility, catering to individuals seeking both physical and mental wellness. With a variety of amenities and services, this gym is designed for everyone, from beginners to seasoned athletes.

#### **Accessibility and Amenities**

One of the commendable features of Method Gym is its **\*\*wheelchair-accessible entrance\*\***, ensuring that all members of the community

can enjoy the facilities without barriers. The **wheelchair-accessible car park** adds to the convenience, making it easier for everyone to access the gym. In addition, Method Gym boasts several amenities, including a **sauna** for relaxation post-workout and complimentary **Wi-Fi** for those who prefer to stay connected during their fitness journey. The gym also offers **online classes**, allowing members to engage in workouts from the comfort of their homes.

## **Parking and Access**

Ease of access is vital for any gym, and Method Gym provides a **free parking lot** that accommodates a large number of vehicles. This ensures that finding a spot is never a hassle, allowing you to focus on your fitness goals.

## **Membership and Pricing**

While a **membership is required** to access the full range of services, Method Gym offers day passes for those who wish to try before they buy. However, recent feedback suggests that the cost of a one-day pass has risen to \$20. While some find this price manageable, others have expressed concern over its affordability, particularly for individuals striving to maintain a healthy lifestyle without committing to a long-term membership.

## **Service Options and Community Feedback**

The community's response to Method Gym has been generally positive. Many members praise the friendly staff and the high-quality equipment available. A recent visitor remarked on the great experience during a Strong Nation workout session led by an enthusiastic instructor, Terri. However, there have been mixed reviews regarding customer service, with some expressing dissatisfaction over unresolved issues and communication gaps. Despite these concerns, many are excited about the gym's transformation and the new management team's efforts to enhance the user experience. The ongoing improvements in cleanliness and equipment organization have not gone unnoticed, with members appreciating the dedication of the cleaning staff.

## **Final Thoughts**

Overall, Method Gym in Waldorf, MD, continues to evolve into a premier fitness destination. With its commitment to accessibility, excellent amenities, and a supportive community atmosphere, it remains a top choice for fitness enthusiasts. Whether you're looking to join a class, sweat it out in the sauna, or simply work out in a welcoming environment, Method Gym aims to cater to all your fitness needs.

## **We are at**

*3317 Plaza Way, 20603 Waldorf, Maryland - United States (US)*

The contact phone of said **Gym** is [+1301-645-1088](tel:+1301-645-1088)

And if you want to send a WhatsApp, you can do so at [+1301-645-1088](https://www.whatsapp.com/business/profile/3016451088)

## Our opening hours are:

Day Hours  
Monday

*7?AM–7?PM*

Tuesday

*4?AM–11?PM*

Wednesday

*4?AM–11?PM*

Thursday

*4?AM–11?PM*

Friday

*4?AM–11?PM*

Saturday

*4?AM–11?PM*

Sunday

*5?AM–8?PM*

The website is [Method Gym - Waldorf, MD](#)

If necessary to change any detail that you think is incorrect concerning this page, please forward a message so that we will fix it as soon as possible. With anticipation thanks.

## Images



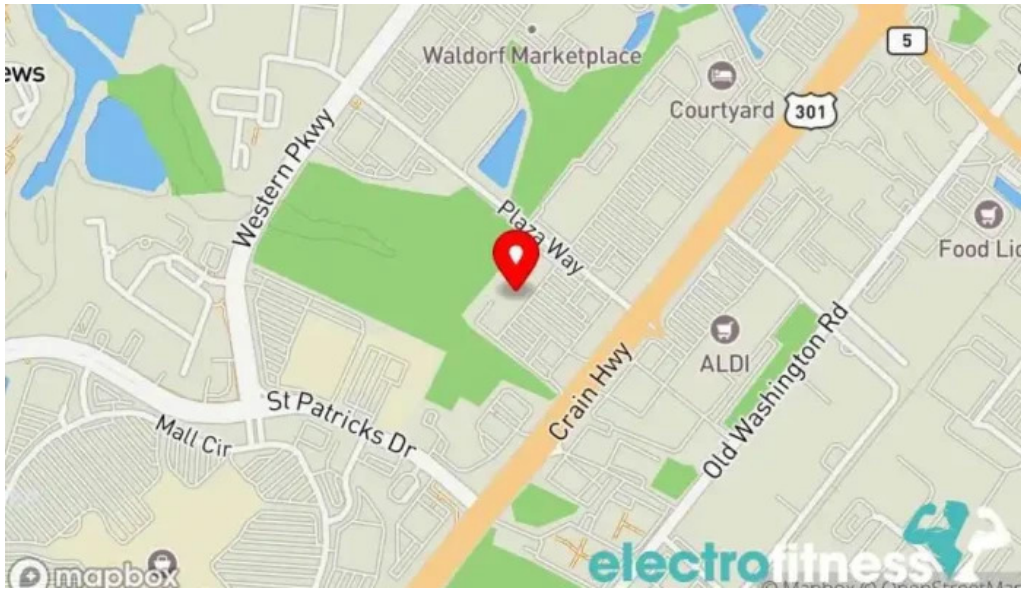
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## Tags

*Planning, Wi-Fi, Wheelchair-accessible car park, Parking, Membership required, Online classes, Free parking lot, Accessibility, Amenities, Sauna, Toilet, Service options, Wheelchair-accessible entrance*

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association / organization
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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