

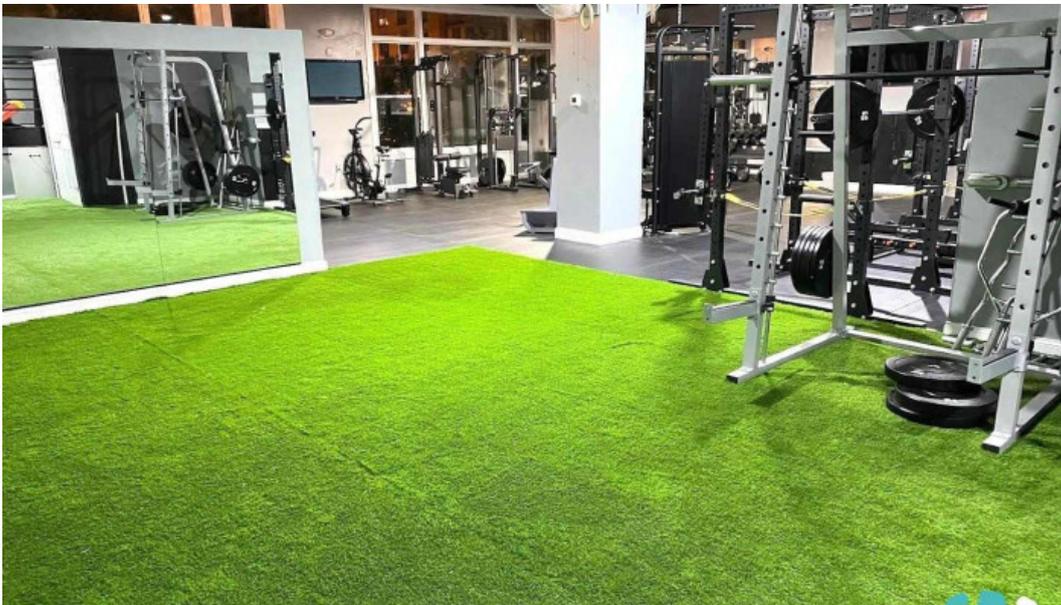
Definition of Fitness - Washington

washington

I'm not a robot 
reCAPTCHA

Published on: 16/04/25	Hits: 330
Comments: 0	See comments
Votes: 30	Score: 5

https://www.electrofitness.com/gym/washington/definition-of-fitness-washington_208316.php



washington

Definition of Fitness - Washington

Definition of Fitness: A Unique Gym Experience in Washington, D.C.

If you're searching for a gym that truly caters to your fitness needs, look no further than **Definition of Fitness (DoF)** located in Washington, D.C. This **Black-owned gym** not only supports your physical goals but also promotes an inclusive environment that is **LGBTQ+ friendly** and features **transgender safe spaces**. With a focus on community and personal growth, DoF stands out among the competition.

Amenities That Cater to Every Fitness Journey

At Definition of Fitness, you'll find **modern equipment** and various **on-site services** designed to enhance your workout experience. The gym includes a **swimming pool** and offers **outdoor services** for those who prefer exercise in nature. Whether you are a novice looking to start your fitness journey or a seasoned athlete aiming to elevate your performance, this gym has something for everyone.

Personal Training: One-on-One Attention

The intimate setting of the gym allows for **1x1 personal training**, so you never have to deal with long waits for equipment or a crowded workout space. Trainers like **David** and **Fatima** are dedicated to helping you achieve your fitness goals. Clients have shared how David's personalized training and Fatima's motivational coaching have transformed their workouts into enjoyable and rewarding experiences.

Planning Your Fitness Journey

Due to the tailored approach of trainers, **appointment required** sessions ensure that each individual receives the attention they need to succeed. The gym emphasizes the importance of planning as part of reaching fitness objectives, offering classes that fit various schedules and lifestyles.

A Welcoming Community Atmosphere

What truly sets Definition of Fitness apart is its strong sense of community. Many members have expressed how welcomed they feel regardless of their background, age, or level of fitness. The gym is recognized for fostering a safe and encouraging environment where individuals can thrive together. As one client puts it, "The atmosphere is professional yet friendly, making you feel at home."

Inclusivity in Every Aspect

DoF takes pride in being a **gender-neutral facility**, featuring **gender-neutral toilets** to ensure that all members feel comfortable while working towards their wellness goals. The commitment to inclusivity extends to specialized programs and events within the gym, making it a place where every individual can engage and grow.

Fantastic Class Offerings

In addition to personal training, Definition of Fitness offers a variety of group classes tailored to different fitness levels. Classes are led by professional instructors who create engaging and accessible programs for all members. From strength training to flexibility classes, there's something for everyone, ensuring that your workout routine remains fresh and exciting.

Conclusion: Your Next Step Towards Better Fitness

From its **excellent trainers** and **modern amenities** to its commitment to creating an **inclusive fitness community**, Definition of Fitness is not just a gym; it's a supportive family that helps you achieve your fitness goals. If you're looking for a welcoming environment that encourages personal growth and collective support, visit DoF today and experience the difference for yourself.

The business is situated at

506 K St NW, 20001 Washington, District of Columbia - United States (US)

The phone of this **Gym** is +1202-670-7131

And if you want to send a WhatsApp, you can do so at +1202-670-7131

Our opening hours are:

Day	Hours
Monday	5?AM–8?PM
Tuesday	5?AM–8?PM
Wednesday	5?AM–8?PM
Thursday	5?AM–5?PM
Friday	7?AM–12?PM
Saturday	Closed
Sunday	5?AM–8?PM

The website is Definition of Fitness

If necessary to change any data that you believe is incorrect regarding this portal, please deliver a message so we can we will fix it promptly. Thank you in

advance thanks for your cooperation.

Images



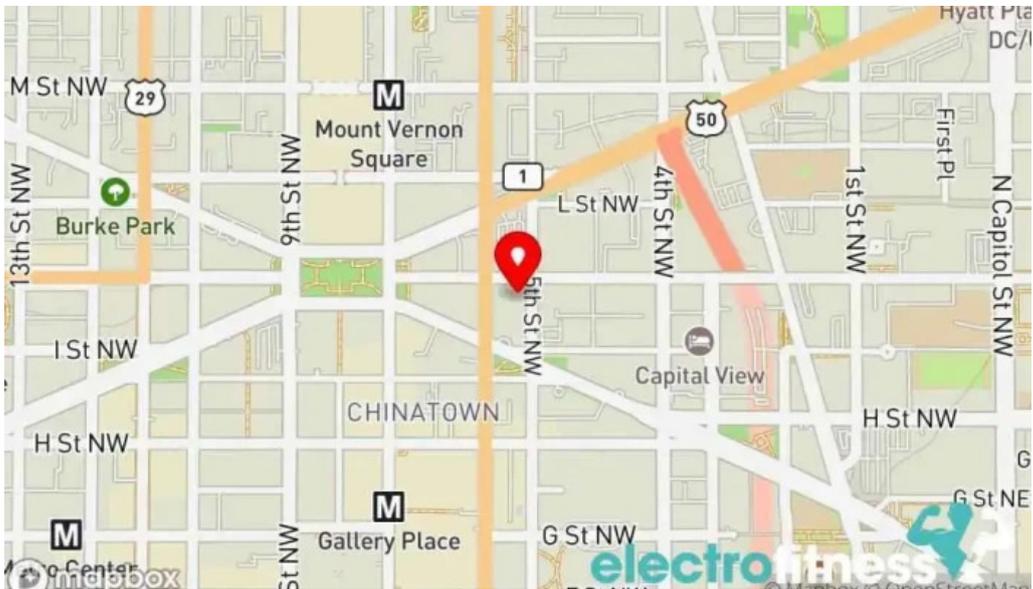
Definition of fitness washington



Definition of fitness videos



Definition of fitness street view 360deg



Definition of fitness map



Definition of fitness gym



Definition of fitness by owner



Definition of fitness all

Tags

Swimming pool, On-site services, Identifies as Black-owned, From the business, Amenities, Crowd, Outdoor services, LGBTQ+ friendly, Planning, Service options, Appointment required, Gender-neutral toilets, Transgender safe space

Related content

3.8 * *Black Belt Academy - Fort Washington*

4.5 * *Fort Washington Forest Community Center - Fort Washington*

4.5 * *Black Belt Academy - Waldorf*

5.0 * *Brandis Touch Studios - The Integrated Wellness Spa - Fort Washington*

4.1 * *Washington St. Gym - Aberdeen*

5.0 * *2d Fit aka 2d Pole Fit - Fort Washington*

5.0 * *California Diving Academy - Walnut Creek*

4.5 * *Planet Fitness - Fort Washington*

4.9 * *Shabach Yoga Studio - Waldorf*

5.0 * *American Martial Arts Gym - Waldorf*

Categories

academic department
amusement park ride
arena
association / organization
athletic club
bar
basketball club
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling

jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
thrift store

training centre
vitamin & supplements store
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization