

Opex Shady Grove - Gaithersburg

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Discover OPEX Shady Grove: Your Personalized Fitness Journey in Gaithersburg

If you're searching for a standout personal trainer experience in Gaithersburg, Maryland, look no further than ****OPEX Shady Grove****. This gym combines ****personalized training plans**** with a welcoming atmosphere, ensuring that your fitness journey is tailored to your specific needs.

Planning Your Workouts with Ease

At OPEX Shady Grove, the scheduling app is a game changer. It allows members to plan their workouts ahead of time, making it easier to prioritize fitness amidst busy schedules. This proactive approach ensures you stay committed to your goals.

Amenities and Accessibility

OPEX Shady Grove takes pride in providing top-notch **amenities** for all its clients. The facility features a **wheelchair-accessible entrance** and **car park**, along with gender-neutral toilets and a **wheelchair-accessible toilet**. Ensuring accessibility for everyone, the gym also maintains a **transgender safe space**, fostering an inclusive environment for all members.

On-Site Services for All Needs

The on-site services at OPEX include expert guidance from trainers who are not just knowledgeable, but genuinely care about your fitness journey. Whether you're looking for flexibility training or strength improvement, the coaches here tailor each program to individual needs, with a focus on client comfort and safety.

Community and Environment

One of the standout features of OPEX Shady Grove is its commitment to creating a supportive community. Members often describe the atmosphere as friendly and encouraging, without any judgment. Whether you're part of the crowd for a workout session or engaging in **online classes**, you will always feel welcomed and motivated.

Individual Attention in Small Groups

The advantage of OPEX's small group setting allows for personalized attention during workouts. Clients benefit from individual assessments, feedback, and encouragement, fostering a non-competitive environment where everyone can thrive. With trainers such as Josh, Nick, and Erica, members receive one-on-one support that propels them toward their fitness goals.

LGBTQ+ Friendly and Inclusive Culture

OPEX Shady Grove proudly identifies as **LGBTQ+ friendly**, ensuring that all individuals feel accepted and valued within the gym. The coaches and community members cultivate an atmosphere of respect and inclusivity, making it a safe space for everyone.

Why Choose OPEX Shady Grove?

With glowing reviews from current and former members, it's clear that OPEX Shady Grove is more than just a gym; it's a hub for personal growth and wellness. Many find that their mental health improves alongside their physical fitness, thanks to the positive energy and camaraderie fostered amongst

members and coaches alike. In conclusion, if you're ready to take your fitness journey to the next level in a supportive, accessible environment, schedule your appointment at OPEX Shady Grove today! Embrace the opportunity to work with expert trainers and engage with a community that shares your commitment to health and well-being.

The location of our premises is

15920 Luanne Dr, 20877 Gaithersburg, Maryland - United States (US)

The phone number of the mentioned **Personal trainer** is +1301-329-5865

And if you want to send a WhatsApp, you can do so at +1301-329-5865

We are available at these times:

Day	Hours
Monday	9?AM–12?PM
Tuesday	Closed
Wednesday	7?AM–7:30?PM
Thursday	7?AM–7:30?PM
Friday	7?AM–7:30?PM
Saturday	7?AM–7:30?PM
Sunday	7?AM–7:30?PM

The website is OPEX Shady Grove

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Images



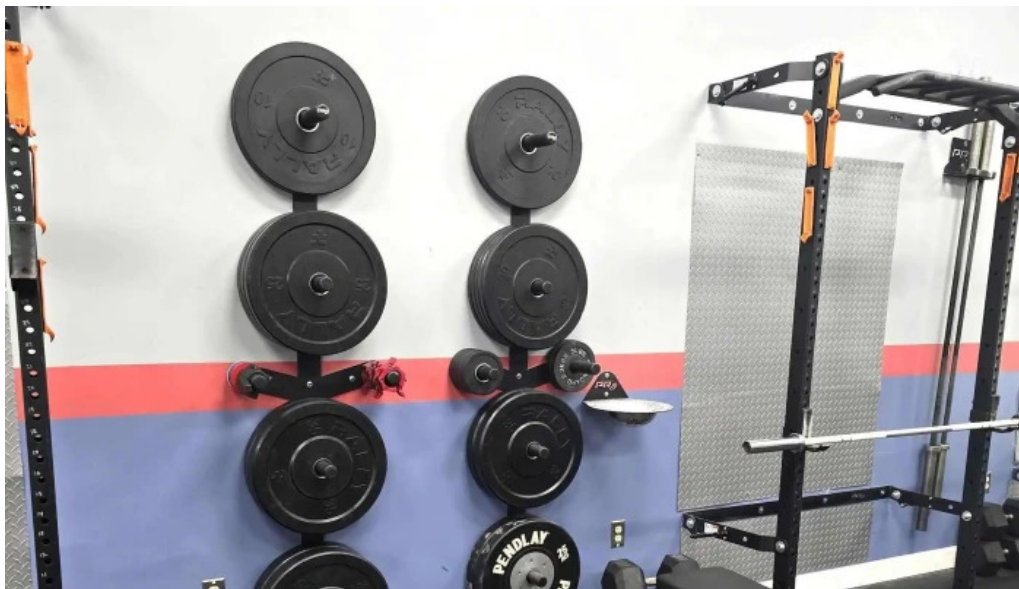
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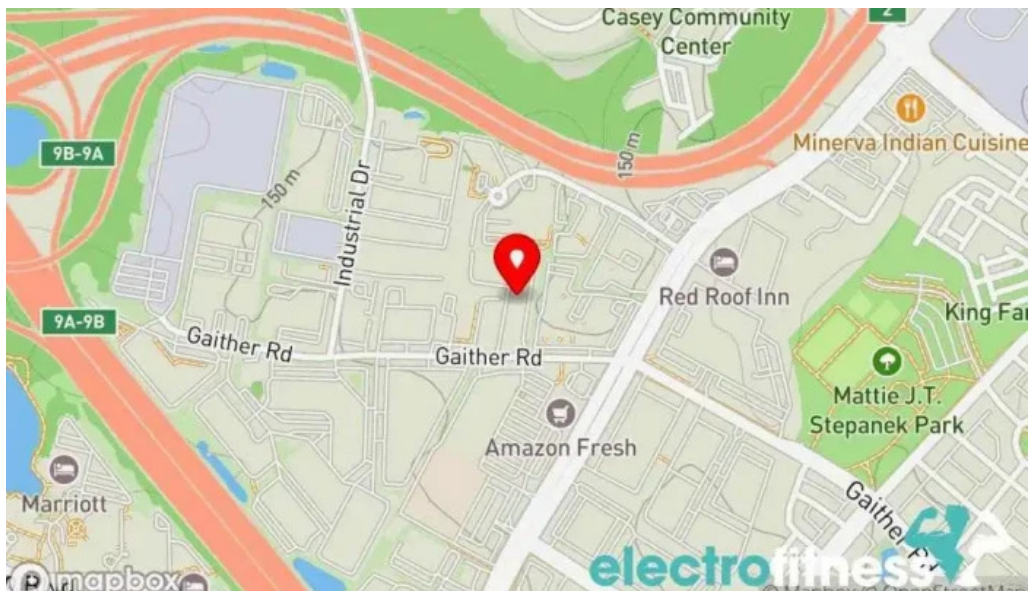
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Opex shady grove by owner



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Tags

Gender-neutral toilets, Online classes, Toilet, Crowd, Wheelchair-accessible toilet, On-site services, Service options, Transgender safe space, Amenities, Accessibility, Wheelchair-accessible car park, Planning, LGBTQ+ friendly, Wheelchair-accessible entrance, Appointment required

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