

The Perfect Workout - Silver Spring

silver spring

☐ I'm not a robot 

Published on: 23/04/25	Hits: 99
Comments: 0	See comments
Votes: 11	Score: 4.5

https://www.electrofitness.com/personal-trainer/silver-spring/the-perfect-workout-silver-spring_219702
.php



silver spring

The Perfect Workout - Silver Spring

The Perfect Workout: A Personal Trainer Experience in Silver Spring, Maryland

Finding the right personal trainer can be a daunting task, but **The Perfect Workout** in Silver Spring, Maryland, stands out for its commitment to providing an exceptional fitness experience. With a focus on **slow-motion strength training**, clients have reported transformative results while enjoying an environment that caters to all.

Appointment Required: Ensure a Personalized Experience

To fully benefit from the tailored services, **appointments are required** at The Perfect Workout. This allows trainers to focus on individual clients, ensuring that each workout is designed to meet specific fitness goals efficiently.

Service Options and On-Site Services

The studio offers various **service options**, including personalized training sessions and online classes for those who prefer to work out from home. No matter your preference, the accessibility of these services means you can achieve your fitness goals on your terms.

Accessibility: A Commitment to Everyone

The Perfect Workout prioritizes **accessibility**. It features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, making it easy for individuals with mobility challenges to participate in training sessions. Moreover, the facility includes a **wheelchair-accessible toilet** for added convenience.

Amenity-Rich Environment

With a variety of **amenities** designed for comfort and efficiency, clients can enjoy their workout sessions without distractions. The supportive atmosphere is also **LGBTQ+ friendly**, ensuring everyone feels welcome and respected.

Trainers Committed to Your Success

Clients rave about the dedication of the trainers at The Perfect Workout. Trainers like LaGarius, Desiree, Abdul, and Sydney are known for their attentiveness and encouragement, creating a supportive environment where clients feel motivated to push through their limits. As one client noted, "The trainers tailor the workout to the client's needs and keep it fun and energetic."

Planning Your Fitness Journey

When planning your visit, it's recommended to schedule your **appointments** in advance. This ensures you receive the undivided attention of your trainer during each session—a crucial factor in achieving your fitness goals.

Join the Crowd at The Perfect Workout

While some may note the program's cost, many find that the accountability and pain-free approach make it worth every penny. The crowd at The Perfect Workout is filled with individuals committed to bettering themselves, creating a motivational community that inspires everyone to succeed.

Conclusion

The Perfect Workout in Silver Spring, Maryland, offers a unique blend of personalized training, accessibility, and community spirit. Whether you're new to exercise or a seasoned gym-goer, this facility is designed to help you achieve your fitness goals steadily and effectively.

We are located at

12020 Georgia Ave Unit C, 20902 Silver Spring, Maryland - United States (US)

The contact line of said **Personal trainer** is +1844-403-1120

And if you want to send a WhatsApp, you can do so at +1844-403-1120

We are available at these times:

Day	Hours
Monday	7?AM–2?PM
Tuesday	Closed
Wednesday	7?AM–7?PM
Thursday	7?AM–7?PM
Friday	7?AM–7?PM
Saturday	7?AM–7?PM
Sunday	7?AM–7?PM

The website is The Perfect Workout

If you require to update any data that you feel is incorrect regarding this site, we kindly request send us a message and we will handle it at the earliest convenience. Thank you in advance thank you very much.

Images



The perfect workout training



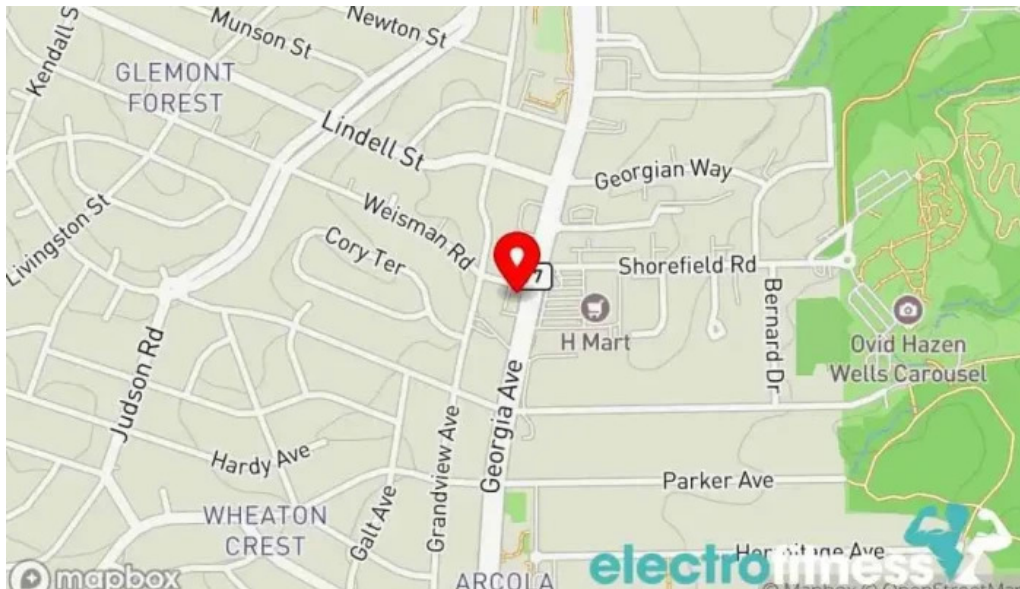
The perfect workout street view 360deg



The perfect workout silver spring



The perfect workout physical fitness



The perfect workout map



The perfect workout gym



The perfect workout by owner



The perfect workout all

Tags

Crowd, Toilet, Planning, Service options, Wheelchair-accessible entrance, On-site services, Appointment required, Amenities, Wheelchair-accessible toilet, Appointments recommended, Wheelchair-accessible car park, Online classes, LGBTQ+ friendly, Accessibility

Related content

4.8 * *Soldierfit Silver Spring - Silver Spring*

4.5 * *The Fitness Club - Silver Spring*

4.3 * *Planet Fitness - Silver Spring*

5.0 *	<i>The Perfect Workout - Walnut Creek</i>
4.6 *	<i>The Perfect Workout - Centennial</i>
4.8 *	<i>Perfect Body By Marília Dias - Abington</i>
4.3 *	<i>Workout Anytime Aberdeen - Aberdeen</i>
4.3 *	<i>Workout Anytime Kennesaw - Kennesaw</i>
5.0 *	<i>Studio Ex Cycle & Group Fitness - Hyannis</i>
5.0 *	<i>My Gym - Walnut Creek</i>

Categories

academic department
acupuncture clinic
amusement park ride
animal feed store
arena
association / organization
athletic club
auditorium
bar
basketball club
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space
dance school
day spa

dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
food producer
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
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization