

Mad Fitness - Takoma Park

takoma park

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Mad Fitness - Takoma Park

Welcome to MAD Fitness: Your Personal Training Destination in Takoma Park, Maryland

If you're searching for a fitness community that prioritizes inclusivity and individual growth, look no further than **MAD Fitness**. Nestled in Takoma Park, Maryland, this gym not only offers exceptional personal training but also embraces a diverse clientele, ensuring everyone feels welcome and supported.

Accessibility and Amenities

MAD Fitness is designed with accessibility in mind. With **wheelchair-accessible seating** and a **wheelchair-accessible car park**, the gym ensures that everyone can participate fully in their fitness journey. Clients appreciate the thoughtful amenities provided, including clean **toilet** facilities and an atmosphere that fosters a **transgender-safe space**.

Crowd and Community

The community at MAD Fitness stands out for its friendly and non-judgmental ambiance. As one client noted, "Every class has a broad spectrum of ages and abilities." This diversity allows instructors to tailor workouts that challenge each individual while promoting a sense of camaraderie among participants. Whether you're a beginner or a seasoned athlete, you'll find a **crowd** that encourages you to reach your personal best.

Service Options and Flexibility

MAD Fitness provides a variety of **service options** to accommodate different schedules and fitness levels. From personalized training sessions to group classes, there's something for everyone. The flexibility of scheduling allows clients to choose **appointments** that fit their busy lives, and many find themselves gravitating towards **online classes** offered during the pandemic.

Personal Training Tailored to Your Needs

Training at MAD Fitness is not just about getting fit; it's about building strength in a supportive environment. Many clients have shared how their trainers, like Eve and Sue, customize workouts to meet specific needs, whether it's accommodating injuries or varying the intensity based on personal goals. One client remarked, "The personal training is always tailored to your needs," highlighting the gym's commitment to individualized service.

Outdoor Services and Specialized Classes

Taking advantage of the beautiful Takoma Park surroundings, MAD Fitness offers **outdoor services** that allow clients to experience workouts in a refreshing environment. Additionally, the gym frequently introduces specialized classes, such as belly dancing and yoga, making fitness fun and engaging for all participants.

A Safe Space for Everyone

As an **identifies as women-owned** and **LGBTQ+ friendly** establishment, MAD

Fitness promotes an inclusive atmosphere where everyone can thrive. The team's dedication to fostering a welcoming space resonates with many, creating a supportive community that keeps clients coming back for more.

Conclusion: Join the MAD Fitness Family

MAD Fitness offers a unique combination of expert training, flexible scheduling, and a strong focus on community. With an array of services designed for all fitness levels, it truly is a place where you can grow stronger while being part of something bigger. Whether you're looking for personal training, group classes, or online options, consider joining the MAD Fitness family today!

The location of our premises is

7322 Carroll Ave, 20912 Takoma Park, Maryland - United States (US)

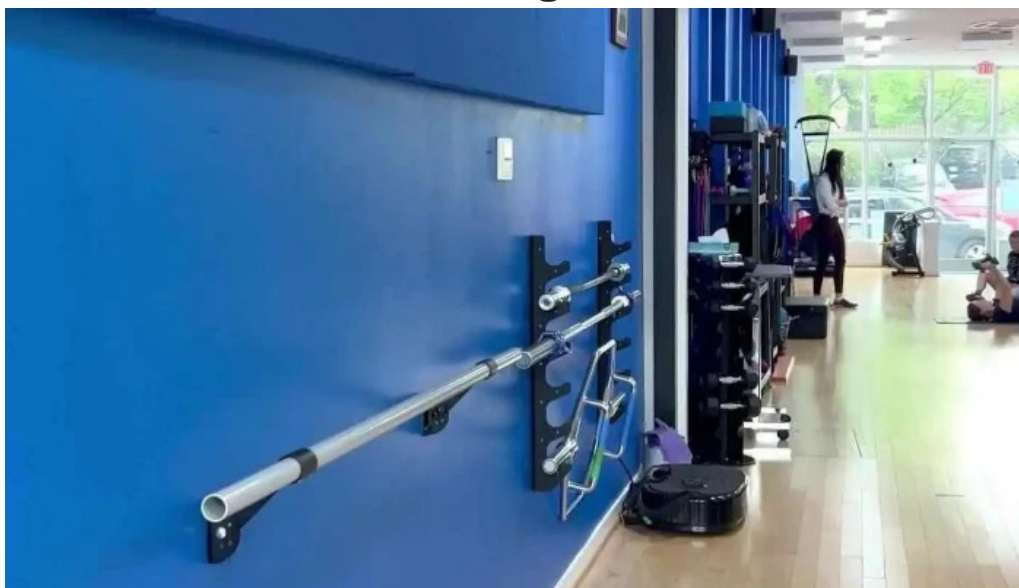
The phone of this **Personal trainer** is +1240-360-0881

And if you want to send a WhatsApp, you can do so at +1240-360-0881

The website is MAD Fitness

If necessary to modify any element that you believe is not precise concerning this portal, we ask send a message and we will correct it quickly. With anticipation thank you very much.

Images



Mad fitness videos



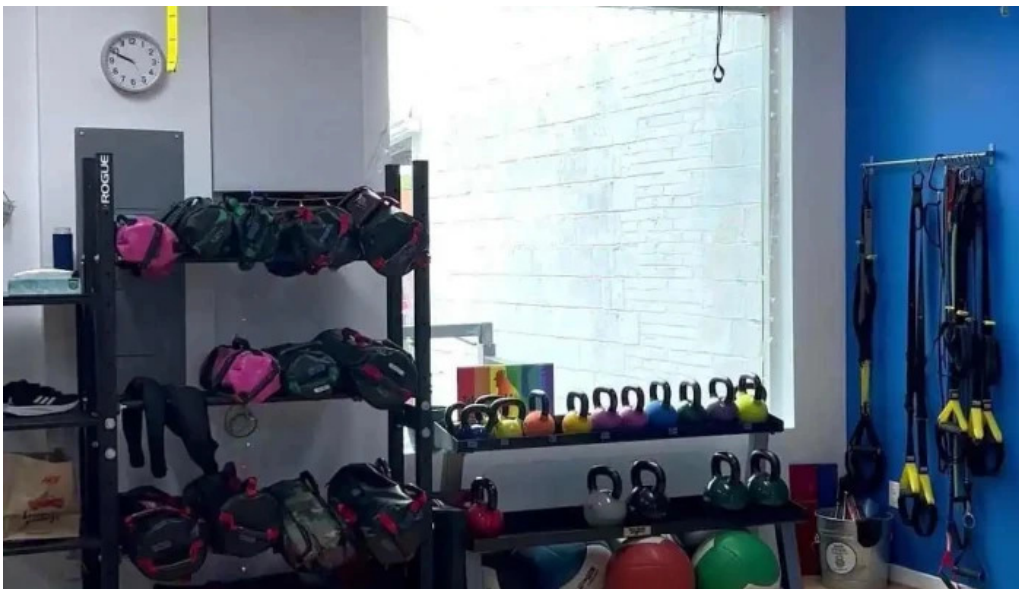
Mad fitness training



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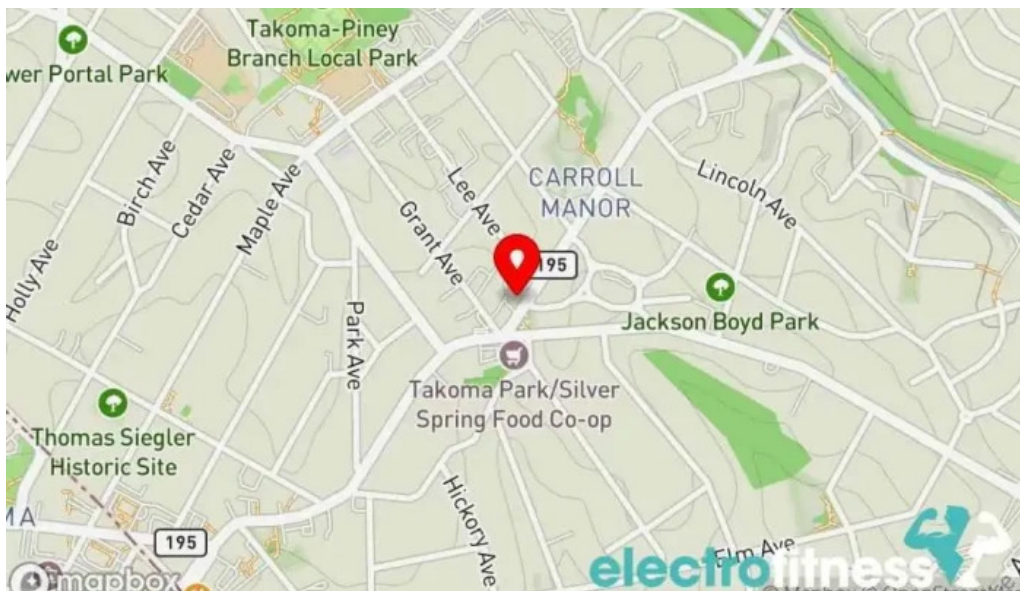
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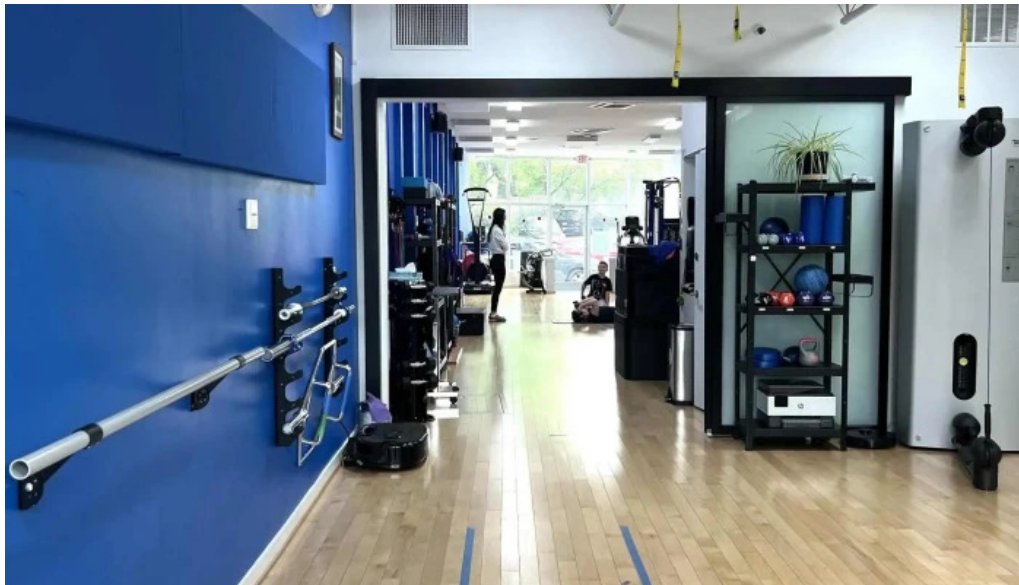
Mad fitness physical fitness



Mad fitness personal trainer



Mad fitness map



Mad fitness gym



Mad fitness all

Tags

Online classes, Toilet, Appointment required, Outdoor services, Crowd, From the business, Wheelchair-accessible seating, Planning, Appointments recommended, Transgender safe space, Amenities, Identifies as women-owned, Accessibility, Wheelchair-accessible car park, On-site services, Service options, LGBTQ+ friendly

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