

Strong Health & Fitness Center - Waldorf

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Strong Health & Fitness Center - Waldorf

Strong Health & Fitness Center: Your Go-To Personal Trainer in Waldorf, Maryland

Looking for a personal trainer who truly cares about your fitness journey? Look no further than ****Strong Health & Fitness Center**** in Waldorf, Maryland. With a strong commitment to accessibility and a welcoming atmosphere, this gym is a haven for individuals of all abilities.

Accessibility Features

At Strong Health & Fitness, accessibility is a top priority. The facility includes: - ****Wheelchair-accessible entrance****: Designed to ensure everyone can enter easily. - ****Wheelchair-accessible toilet****: Amenities that accommodate all members' needs. - ****Wheelchair-accessible car park****: Ample parking options for those with disabilities. These features make Strong Health & Fitness a place where everyone can focus on their fitness goals without worrying about accessibility issues.

A Community Like No Other

Clients rave about the positive and inclusive environment that defines Strong Health & Fitness. Many have expressed how the gym feels like home, offering: - ****Friendly staff and trainers****: Danny Strong, the owner and head trainer, is celebrated for his knowledge and compassionate approach. As a below-the-knee amputee, he inspires members to push through their own challenges and strive for excellence. - ****No judgment zone****: People of all body types work together without the pressure of competition. This supportive atmosphere allows individuals to work at their own pace, fostering personal growth.

Transformative Results

Members share their success stories, highlighting impressive physical transformations and newfound confidence: - One member lost 16 pounds and gained significant strength after attending boot camp sessions three times a week. - Others have noted the professional training styles that lead to noticeable improvements in physical capabilities. Danny's dedication to client education and encouragement ensures that every workout is productive and engaging.

Inspiration Beyond Fitness

Danny Strong is not just a trainer; he is a testament to resilience. His journey from tragedy to triumph serves as a motivating factor for many clients, proving that adversity can be overcome. His story is one of hope, displaying that with hard work and determination, anything is possible.

Join the Strong Health & Fitness Family

If you are searching for a personal trainer who offers knowledge, motivation, and a family-like atmosphere, look no further than ****Strong Health & Fitness Center**** in Waldorf, Maryland. With accessible facilities and dedicated trainers, you can achieve your fitness goals while being part of an inspiring community. Give yourself the chance to grow stronger in body and spirit—join Strong Health & Fitness today!

You will find us at

2252 Old Washington Rd, 20601 Waldorf, Maryland - United States (US)

The phone of said **Personal trainer** is +1301-632-6307
And if you want to send a WhatsApp, you can do so at +1301-632-6307

Our public attention hours are:

- Day Hours
- Monday
Closed
- Tuesday
7?AM–7?PM
- Wednesday
7?AM–7?PM
- Thursday
7?AM–7?PM
- Friday
7?AM–7?PM
- Saturday
7?AM–7?PM
- Sunday
7?AM–1?PM

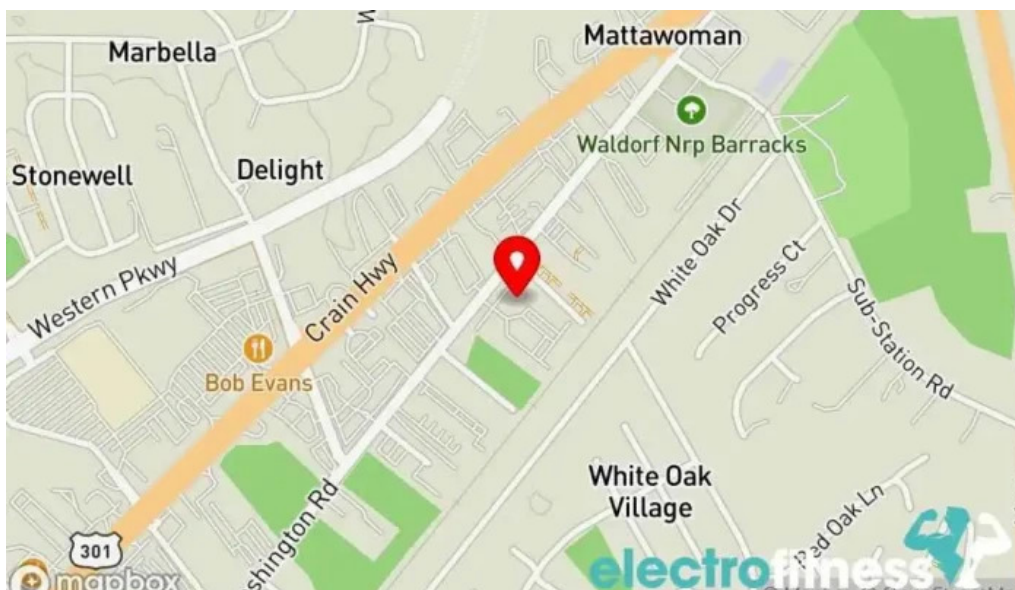
The website is Strong Health & Fitness Center

If you need to change any detail that you think is not accurate about this portal, we kindly request send a message so we can we will fix it at the earliest convenience. With anticipation thanks.

Images



Strong health fitness center waldorf



Strong health fitness center map



Strong health fitness center all

Tags

Wheelchair-accessible entrance, Wheelchair-accessible car park, Toilet, Accessibility, Wheelchair-accessible toilet, Amenities

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