

Velvet & Steel Fitness, Llc - Waldorf

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Velvet & Steel Fitness, Llc - Waldorf

Discover Velvet & Steel Fitness, LLC: Your Local Veteran-Owned Personal Trainer in Waldorf, MD

Velvet & Steel Fitness, LLC (VSF) stands out as a premier fitness studio located in Waldorf, MD. Identifying as both ****veteran-owned**** and ****women-owned****, this facility is dedicated to providing a supportive and inclusive environment for everyone.

Accessibility Features

At VSF, accessibility is a priority. The facility features a

****wheelchair-accessible entrance**** and ****toilets****, ensuring that all clients feel welcome and can comfortably access services. Additionally, there is a ****wheelchair-accessible car park****, making it easier for individuals with mobility challenges to attend their workouts.

Services Offered

Velvet & Steel Fitness provides a range of ****on-site services**** tailored to meet diverse fitness goals. It is recommended to book your sessions in advance as ****appointments are required**** to ensure personalized attention during each session. With various ****service options**** available, clients can choose from individual training sessions, group classes, and even ****online classes**** for added convenience.

Amenities and Environment

The facility boasts several amenities designed to enhance the workout experience, including ****gender-neutral toilets**** and a friendly atmosphere that fosters camaraderie among members. Clients appreciate the ****family-like environment****, which encourages community support and motivation.

Client Experiences

Clients rave about their experiences at VSF. One individual mentioned, "I have been going to VSF for over two years and my strength and endurance has increased." Another client echoed this sentiment, stating, "If you're looking for a really good workout, give VSF a try. You won't be disappointed."

Training Philosophy

The trainers at Velvet & Steel Fitness, Robin and Marvin, are known for their commitment to helping clients excel in their fitness journeys. As one satisfied client shared, "Robin keeps the workouts different and challenging, and she encourages you to go beyond your limits." This no-nonsense approach ensures that every workout pushes participants toward achieving their goals.

Why Choose Velvet & Steel Fitness?

Velvet & Steel Fitness is more than just a gym; it's a community focused on ****transformative fitness****. Clients are encouraged to pursue long-term lifestyle changes rather than quick fixes. Many have noted significant improvements in their health, strength, and overall well-being after joining the studio. In conclusion, if you're in Waldorf, MD, and looking for a dedicated personal trainer who values ****accessibility**** and ****community****, look no further than Velvet & Steel Fitness, LLC. With experienced trainers, a welcoming environment, and a focus on sustainable results, VSF is designed to help you become the best version of yourself.

We are at

11850 Park Waldorf Ln #108, 20601 Waldorf, MD - United States (US)

The contact line of said **Personal trainer** is +1410-499-1865

And if you want to send a WhatsApp, you can do so at +1410-499-1865

Visit us during the following hours:

Day Hours
Monday

Closed

Tuesday

7?AM–8:30?PM

Wednesday

7?AM–8:30?PM

Thursday

7?AM–8:30?PM

Friday

7?AM–8:30?PM

Saturday

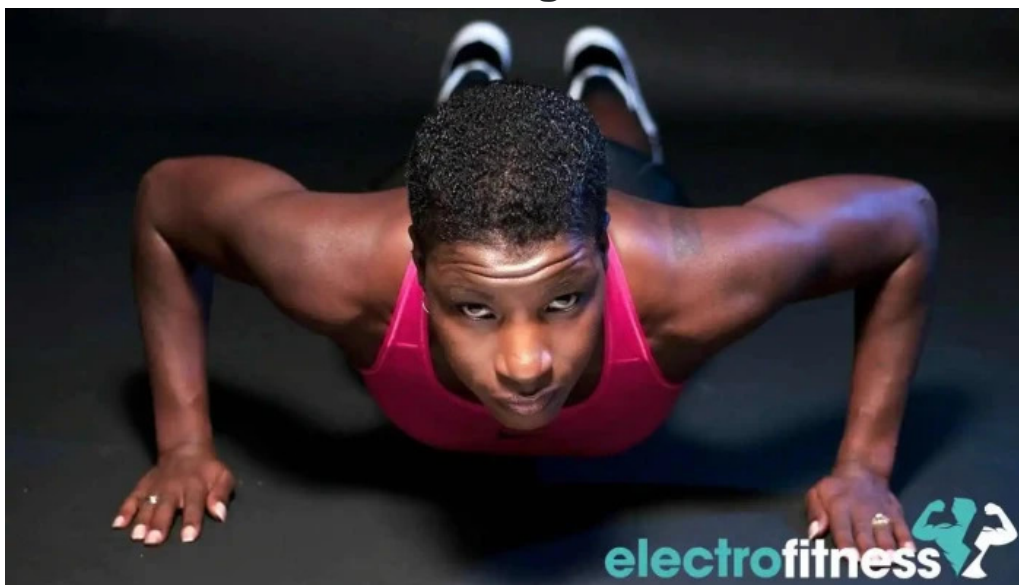
7?AM–6:30?PM

Sunday

Closed

If you require to update any detail that you think is not accurate concerning this page, we ask send a message and we will correct it promptly. In advance thank you very much.

Images



Velvet steel fitness llc waldorf



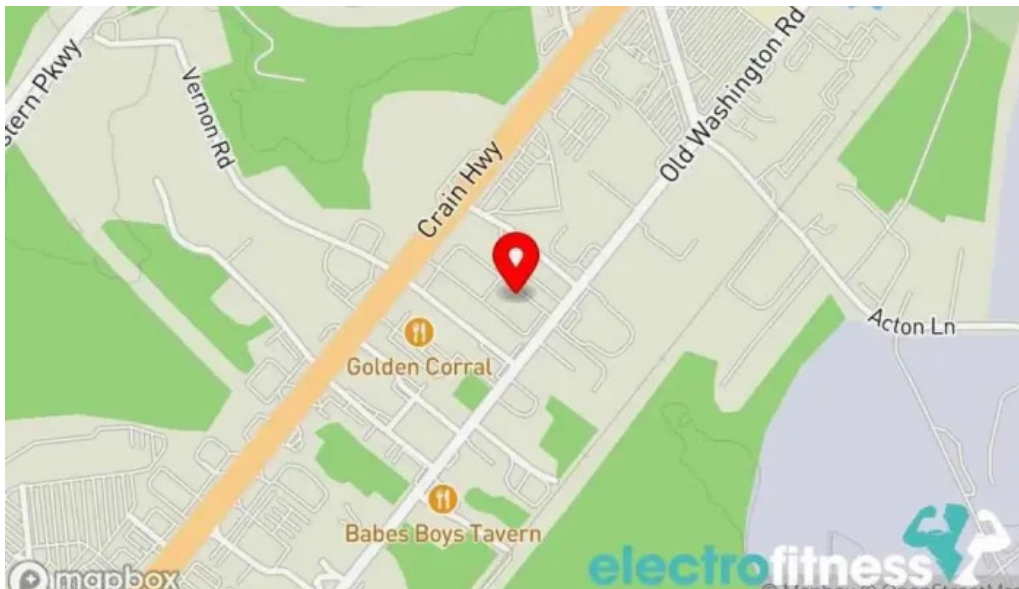
Velvet steel fitness llc training



Velvet steel fitness llc street view 360deg



Velvet steel fitness llc physical fitness



Velvet steel fitness llc map



Velvet steel fitness llc by owner



Velvet steel fitness llc all

Tags

Appointments recommended, Accessibility, Planning, Identifies as women-owned, Toilet, Wheelchair-accessible entrance, Gender-neutral toilets, Amenities, Service options, On-site services, Online classes, Identifies as veteran-owned, From the business, Wheelchair-accessible car park, Appointment required, Wheelchair-accessible toilet

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boxing ring
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elementary school
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golf club
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kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
non-profit organization
park
personal trainer
physical fitness program
physical therapy clinic
pickleball court
pilates studio
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
sports club
sports complex
sports medicine clinic
sports school
swimming instructor
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga studio