

## 301 Strong - White Plains

white plains

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## 301 Strong - White Plains

### Discover 301 STRONG: Your Ideal Physical Fitness Program in White Plains, Maryland

If you are searching for a remarkable **\*\*physical fitness program\*\***, look no further than 301 STRONG located in White Plains, Maryland. This gym has become a haven for fitness enthusiasts who appreciate a supportive community, knowledgeable trainers, and specialized training options tailored to individual needs.

## **Accessibility Matters**

One of the standout features of 301 STRONG is its commitment to **accessibility**. The facility boasts a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can enjoy their fitness journey without barriers. This focus on inclusivity makes it an ideal spot for people of all abilities.

## **A Welcoming Community**

Visitors consistently rave about the friendly atmosphere at 301 STRONG. Many members have described it as more than just a gym—it's a community where friendships grow and motivation thrives. Testimonials highlight that "it's friends that treat you like family" and that the supportive environment encourages everyone to pursue their fitness goals without judgment.

## **Expert Trainers Ready to Help**

The trainers at 301 STRONG are highly regarded for their expertise and personalized approach. They are committed to helping members achieve their fitness aspirations, whether it's preparing for powerlifting competitions or simply staying fit and healthy. As one member shared, "the trainers have been instrumental in helping me achieve a positive transformation both physically and mentally."

## **Diverse Workout Options**

301 STRONG offers a wide range of workout disciplines, from strength training to powerlifting. The ample space allows members to train in various styles without feeling cramped, which is a huge advantage for those looking to explore different fitness regimens. With multiple classes available at various times, fitting workouts into your schedule is easier than ever.

## **A Focus on Strength and Conditioning**

For those serious about enhancing their strength and conditioning, 301 STRONG provides top-notch equipment, including specialty bars, yokes, and more. Members have found that this gym goes beyond typical commercial facilities by offering unique tools for serious athletes. As noted by one satisfied customer, "if you are looking for functional strength or want to build a better version of yourself, then this is your home."

## **A Transformative Experience**

Many testimonials express how training at 301 STRONG has been life-changing. One member recounts their unexpected journey to becoming a state champion in powerlifting, highlighting the support from trainers and fellow members that made it possible. Another emphasizes that they never loved going to the gym until they discovered 301 STRONG, now enjoying workouts that leave them energized and motivated.

## Your Journey Starts Here

Whether you're a seasoned athlete or new to fitness, 301 STRONG offers a welcoming and encouraging environment designed to help you succeed. The combination of **\*\*accessibility\*\***, expert guidance, and a supportive community makes it a standout choice for anyone looking to embark on their fitness journey. Visit 301 STRONG today and discover why so many members refer to it as their second home!

### The address of our establishment is

4540 Graphics Dr C, 20695 White Plains, Maryland - United States (US)

The contact phone of the mentioned **Physical fitness program** is +1301-752-5013  
And if you want to send a WhatsApp, you can do so at +1301-752-5013

### We are available at these times:

Day Hours  
Monday

*Closed*

Tuesday

*5-10?AM 3:30-7:30?PM*

Wednesday

*5-10?AM 3:30-7:30?PM*

Thursday

*5-10?AM 3:30-7:30?PM*

Friday

*5-10?AM 3:30-7:30?PM*

Saturday

*5-10?AM 3:30-6?PM*

Sunday

*7-10?AM*

The website is 301 STRONG

If you need to adjust any detail that you believe is incorrect regarding this web, we kindly request deliver a message so we can we will fix it promptly.  
Thanks beforehand thank you very much.

## Images

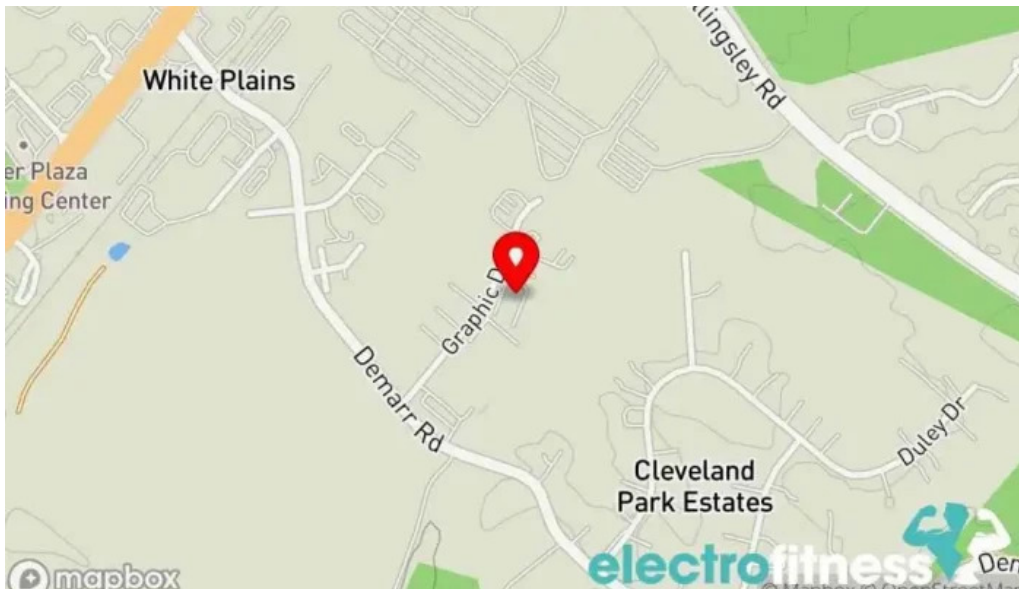


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## Tags

*Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility*

## Related content

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5.0 \* *Hyperthrive Athletics Texas - Abilene*

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4.0 \* *Sage Yoga Center - Abilene*

4.7 \* *Hendrick Health Club - Abilene*

4.9 \* *Orangetheory Fitness - Dyer*

4.7 \* *Wolf Fitness Absecon - Absecon*

4.8 \* *Fitness Evolution - St John*

4.9 \* *Train Unique Lafayette - Lafayette*

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amusement park ride

arena

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country club
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dollar store
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exercise equipment store
fitness center
golf club
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate school
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
spa and health club
sports club
sports complex
sports medicine clinic
sports school
swimming instructor
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
yoga studio