

Hometown Barbell - Frederick

frederick

☐ I'm not a robot



RECAPTCHA

Published on: 17/04/25	Hits: 1364
Comments: 0	See comments
Votes: 124	Score: 5

https://www.electrofitness.com/fitness-center/frederick/hometown-barbell-frederick_214185.php



frederick

Hometown Barbell - Frederick

Welcome to Hometown Barbell: Frederick's Premier Fitness Center

Hometown Barbell, located in Frederick, Maryland, is a standout fitness center that truly represents the essence of community and dedication to strength training. This ****Black-owned****, ****veteran-owned****, and ****Latino-owned**** establishment prioritizes inclusivity and accessibility, ensuring that fitness is attainable for everyone.

Membership Requirements and Accessibility

To become part of this thriving fitness community, ****membership is required****.

Whether you're a serious powerlifter or just beginning your fitness journey, Hometown Barbell welcomes individuals of all levels. The facility features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, demonstrating their commitment to accessibility for all members.

Amenities and Environment

The gym is open **24/7**, providing flexibility for those with varying schedules. Members can enjoy high-quality amenities including **Wi-Fi**, spacious workout areas, and a clean, well-maintained environment. Feedback from visitors has consistently highlighted not just the top-tier equipment available, but also the supportive atmosphere created by both staff and fellow gym-goers. One reviewer mentioned, "The owner is amazing and super friendly!" underscoring the welcoming nature of Hometown Barbell.

Equipment and Training Options

Hometown Barbell boasts an extensive selection of equipment that is **unparalleled** in the area. From free weights to specialized lifting platforms, the gym accommodates everyone from beginners to seasoned athletes. A satisfied member noted, "They have everything anyone would need," pointing to the comprehensive range of options available for diverse fitness needs, including **powerlifting, strongman training, and bodybuilding**.

A Community Like No Other

Perhaps the most compelling aspect of Hometown Barbell is its sense of community. With a culture rooted in support and encouragement, many members have formed lasting friendships within the gym. Testimonials reveal a warm atmosphere where "everyone is willing to lend a hand" and newcomers feel welcomed right from their first visit.

Final Thoughts

If you're looking for a fitness center that not only offers top-notch equipment but also fosters a sense of belonging and camaraderie, look no further than Hometown Barbell. With its committed staff, exceptional amenities, and a community that champions each other's goals, Hometown Barbell is more than just a gym; it's a second home for many. Whether you're a local or just passing through Frederick, visiting Hometown Barbell is a decision you won't regret!

You can reach us at

5904 Enterprise Ct, 21703 Frederick, Maryland - United States (US)

The contact line of the mentioned **Fitness center** is +1301-514-6583
And if you want to send a WhatsApp, you can do so at +1301-514-6583

Our public attention hours are:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

The website is [Hometown Barbell](#)

If you need to change any information that you consider is not accurate related to this web, we urge you to deliver a message so we can we will adjust it as soon as possible. In advance thank you very much.

Images



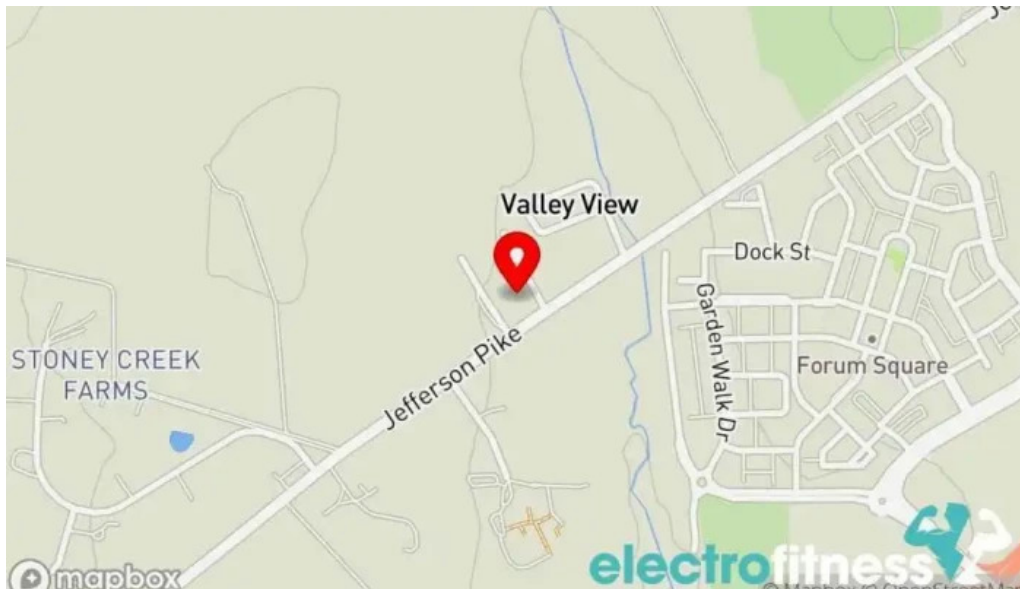
Hometown barbell street view 360deg



Hometown barbell promotion



Hometown barbell phone



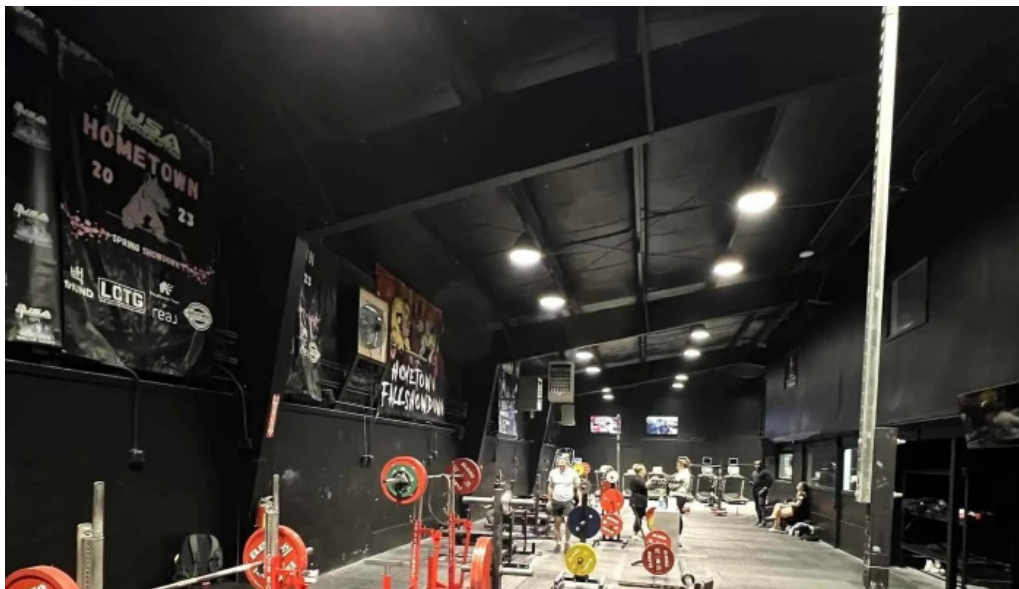
Hometown barbell map



Hometown barbell gym



Hometown barbell frederick



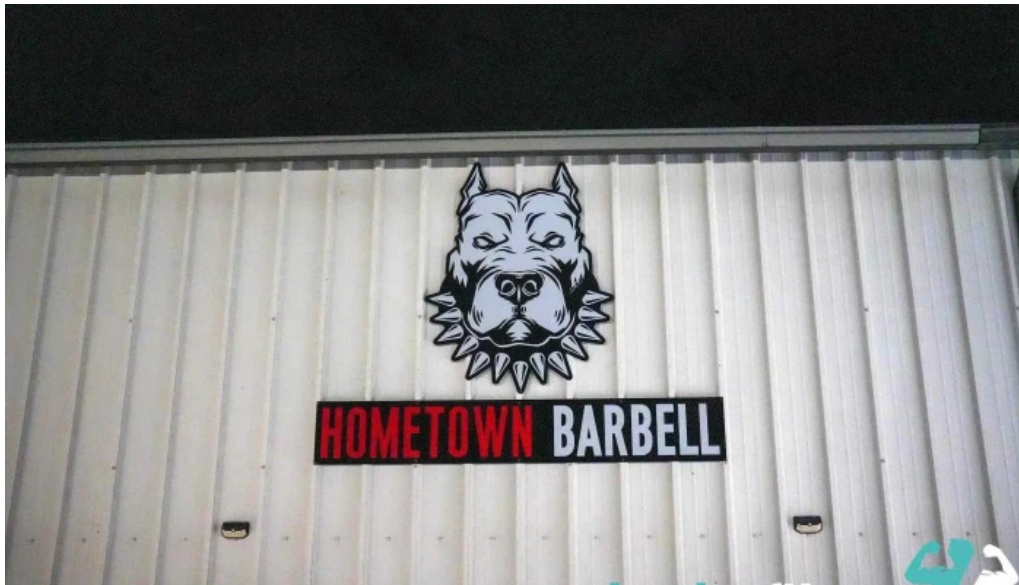
Hometown barbell fitness center



Hometown barbell comments



Hometown barbell by owner



Hometown barbell all

Tags

Planning, Amenities, Accessibility, Identifies as Black-owned, Wheelchair-accessible entrance, Identifies as Latino-owned, Wi-Fi, Membership required, Identifies as veteran-owned, Wheelchair-accessible car park, From the business

Related content

5.0 *	<i>Boston Barbell - North Billerica</i>
5.0 *	<i>Iron Legacy Barbell - Garden City</i>
5.0 *	<i>Boise Barbell - Boise</i>
4.9 *	<i>Diablo Barbell - Concord</i>
5.0 *	<i>580 Barbell Club & CrossFit Unforgiven - Ada</i>
4.9 *	<i>Carolina Barbell Strength & Performance Gym - Aberdeen</i>
3.8 *	<i>Black Belt Academy - Fort Washington</i>
4.5 *	<i>Black Belt Academy - Waldorf</i>
3.5 *	<i>Crunch Fitness - Boise Black Eagle - Boise</i>
4.9 *	<i>Palango! Fitness - Centennial</i>

Categories

academic department
amusement park ride
arena
association / organization
athletic club
bar
basketball club
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
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
supermarket
swimming instructor
swimming school
tennis club
thrift store

training centre
vitamin & supplements store
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization