

## Legendary Fitness, Llc - Kensington

kensington

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### *Legendary Fitness, Llc - Kensington*

#### **Welcome to Legendary Fitness, LLC in Kensington, Maryland**

Legendary Fitness, LLC is a premier fitness center located in Kensington, Maryland, known for its supportive community and outstanding trainers. Identifying as women-owned, this gym offers a unique environment that fosters empowerment and growth for all members.

#### **Accessibility and Parking Options**

One of the notable features of Legendary Fitness is its **wheelchair-accessible car park**, ensuring that everyone can access the facility without difficulty. Additionally, the gym provides **free parking** in a spacious lot, making it convenient for members to visit anytime.

## **Comprehensive On-Site Services**

From the business perspective, Legendary Fitness offers a variety of **on-site services** tailored to meet individual needs. With a focus on personal training and small group classes, the trainers at LF prioritize quality movement and deep core strength. Members have reported significant improvements in mobility, strength, and overall well-being through customized workouts.

## **Community and Supportive Environment**

The sense of community at Legendary Fitness is palpable. Many members have praised the supportive atmosphere created by the trainers and fellow gym-goers. In small group classes, individuals receive personalized attention, allowing for tailored adjustments to their workouts. As one member stated, "the women I've met in small group classes are equally supportive and there to hype you up and celebrate your progress." This camaraderie is a significant factor in why many choose to stay long-term.

## **Expertise in Customization**

With a team of experienced trainers like Peri, Aidan, and Trina, workouts are customized to fit each individual's unique goals. Whether you are recovering from an injury or looking to build functional strength, the coaches at Legendary Fitness ensure that every move is adapted for you. As noted by a satisfied member, "Her circuit-oriented classes are easily customized to the individual," demonstrating the flexibility of the training offered.

## **Fitness for Everyone**

The group fitness classes cater to all levels, making it easy for anyone to join in and feel included. Members have shared how they have grown comfortable using weights and kettlebells in their training, which has significantly improved their functionality and endurance in everyday activities and athletic pursuits.

## **Conclusion**

In conclusion, Legendary Fitness, LLC is more than just a gym; it's a community dedicated to helping individuals achieve their fitness goals in a supportive,

accessible, and empowering environment. With exceptional services and a commitment to inclusivity, it stands out as a vital part of Kensington's fitness landscape. Consider joining this vibrant community to become part of something truly special!

### **You can find us at**

10513 Metropolitan Ave, 20895 Kensington, Maryland - United States (US)

The contact line of the respective **Fitness center** is +1301-325-2869

And if you want to send a WhatsApp, you can do so at +1301-325-2869

### **Visit us during the following hours:**

Day Hours  
Monday  
7?AM–9?PM  
Tuesday  
7?AM–9?PM  
Wednesday  
7?AM–9?PM  
Thursday  
7?AM–9?PM  
Friday  
7?AM–9?PM  
Saturday  
7?AM–9?PM  
Sunday  
7?AM–9?PM

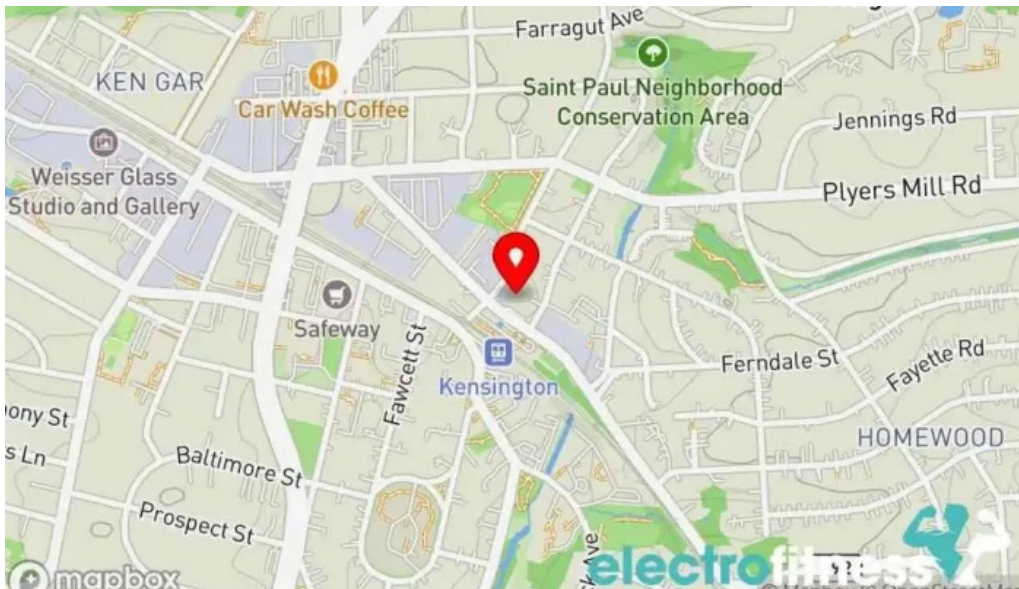
The website is Legendary Fitness, LLC

In case you want to change any information that you believe is not accurate related to this portal, please deliver a message so we can we will correct it quickly. Thanks beforehand thank you very much.

## **Images**



*Legendary fitness llc street view 360deg*



*Legendary fitness llc map*





*Legendary fitness llc kensington*



*Legendary fitness llc gym*



*Legendary fitness llc fitness center*



*Legendary fitness llc by owner*



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## Tags

*On-site services, Accessibility, From the business, Free parking lot, Service options, Wheelchair-accessible car park, Identifies as women-owned, Parking*

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jujitsu school
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karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
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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
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sports club
sports complex
sports medicine clinic
sports school

summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
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wellness center
wellness program
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