

Flex Dc - Washington

washington

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washington

Flex Dc - Washington

Welcome to FLEX DC: Your Premier Fitness Center in Washington D.C.

If you're looking for a vibrant fitness center that offers more than just a workout, look no further than **FLEX DC**. This family-owned gym has quickly expanded from one location to five, making it an essential hub for fitness enthusiasts in the District of Columbia. With a variety of classes, top-notch coaches, and state-of-the-art facilities, FLEX DC sets itself apart in the busy fitness landscape.

State-of-the-Art Equipment and Facilities

The new location is truly a sight to behold. With triple the amount of equipment available compared to its previous space, members can enjoy a well-equipped gym that meets all their strength and conditioning needs. From conventional barbells and squat racks to assault runners and echo bikes, the range of equipment ensures you get a comprehensive workout.

Accessibility Features

One of the standout features of FLEX DC is its **wheelchair-accessible entrance**, ensuring that everyone can benefit from their offerings. The gym has been designed with accessibility in mind, allowing all members to experience the energizing atmosphere without barriers.

A Welcoming Atmosphere

Walking into FLEX DC feels like entering a community rather than just a gym. The friendly staff and coaches, including Mia, Syd, and Frank, create an inviting atmosphere that encourages both camaraderie and individual growth. Members frequently highlight how the coaching style pushes them while remaining approachable, fostering a supportive environment for all fitness levels.

Post-Workout Amenities: Refresh and Recover

After an intense workout, you can take advantage of the luxurious **shower** facilities available at FLEX DC. The showers are not only clean but also equipped with a great selection of soaps and shampoos, ensuring a refreshing experience after your session. Fresh towels are always provided, so you can freshen up effortlessly.

Diverse Class Offerings

FLEX DC boasts an impressive lineup of classes each week. Members rave about the MXT and MXT+ classes, which focus on strength and conditioning, perfect for anyone preparing for races or looking to enhance their overall fitness. Whether you prefer high-intensity interval training or traditional strength workouts, there's something for everyone.

Community and Culture

The culture at FLEX DC is described as warm and inviting. Members have built a strong community through shared goals and support, which enhances the overall experience. Many have noted significant improvements in their fitness

journey while forming lasting friendships within the gym.

Challenges and Customer Service Experience

While the overall experience is overwhelmingly positive, some members have expressed concerns regarding customer service responsiveness. However, the owner has made efforts to address these issues, ensuring that members feel valued and heard.

Conclusion

If you're searching for a fitness center that combines high-quality equipment, a welcoming atmosphere, and excellent coaching, FLEX DC is the place to be. Check out this exceptional facility in Washington D.C. and see how it can transform your fitness journey!

Our location is in

1011 4th St NW, 20001 Washington, District of Columbia - United States (US)

The contact phone of this **Fitness center** is +1614-205-7970

And if you want to send a WhatsApp, you can do so at +1614-205-7970

We open at the following schedule:

Day	Hours
Monday	6?AM–8?PM
Tuesday	6?AM–8?PM
Wednesday	6?AM–8?PM
Thursday	6?AM–7?PM
Friday	7?AM–12?PM
Saturday	7?AM–12?PM
Sunday	6?AM–8?PM

The website is FLEX DC

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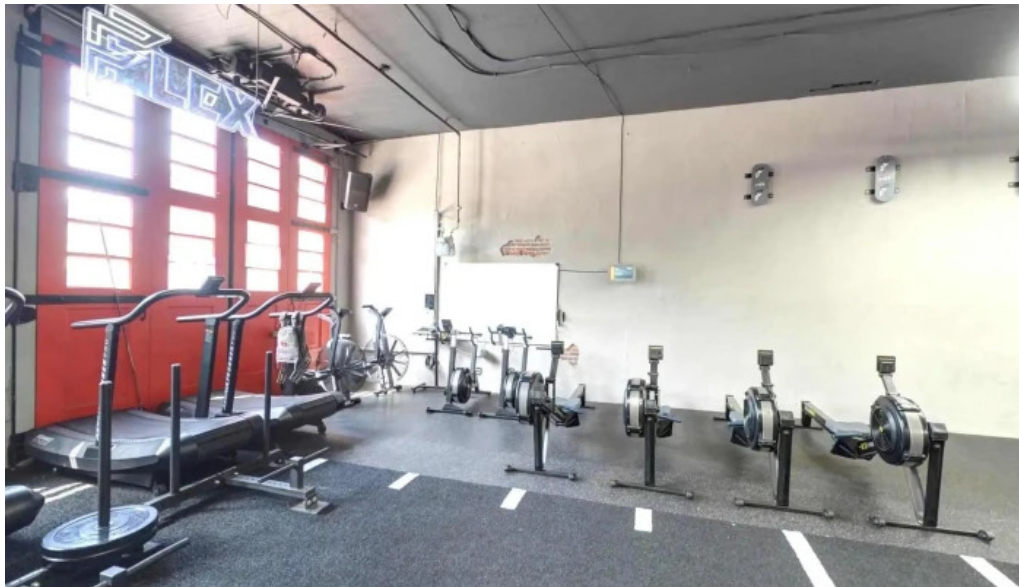
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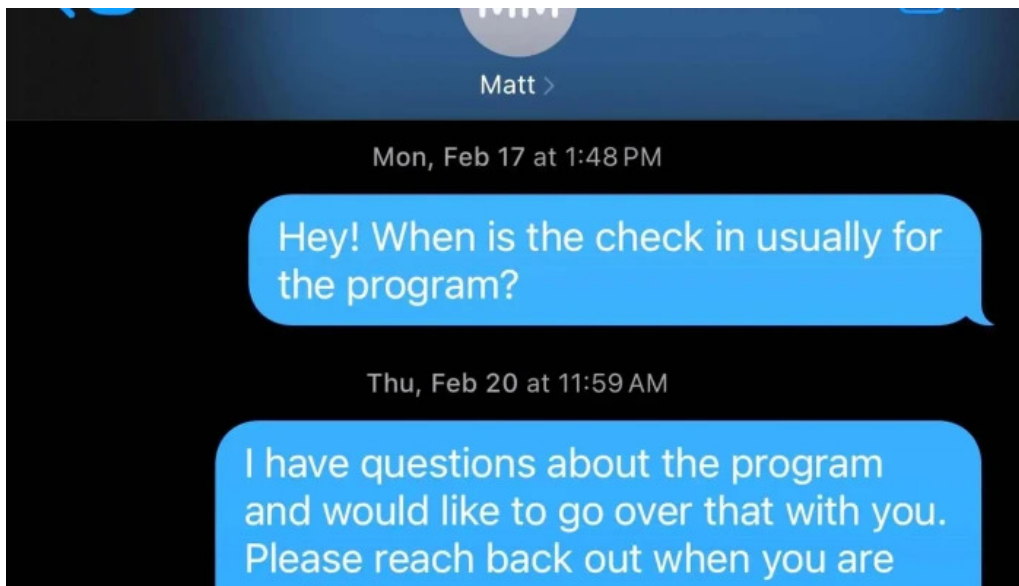
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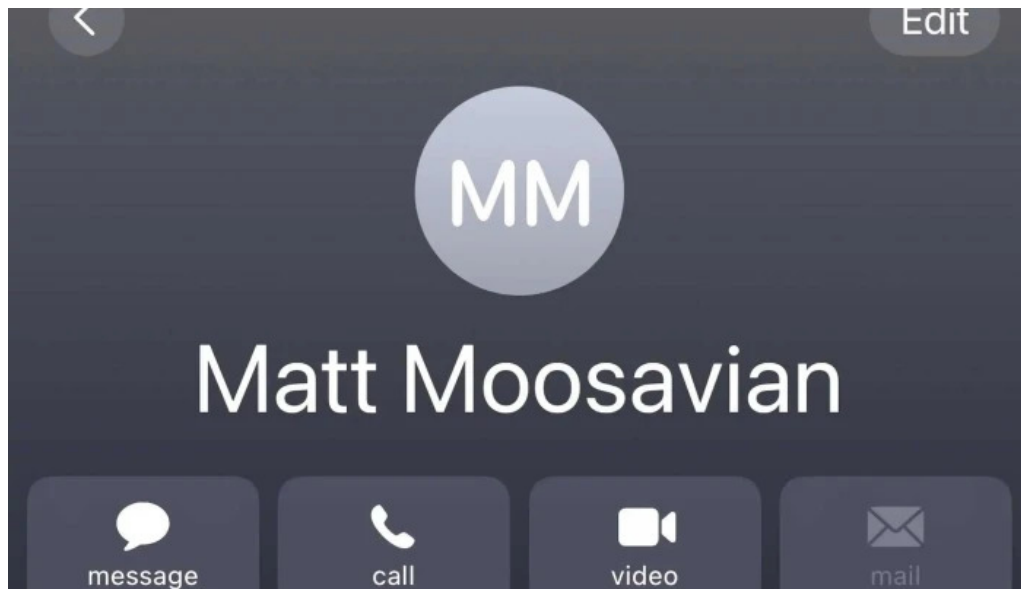
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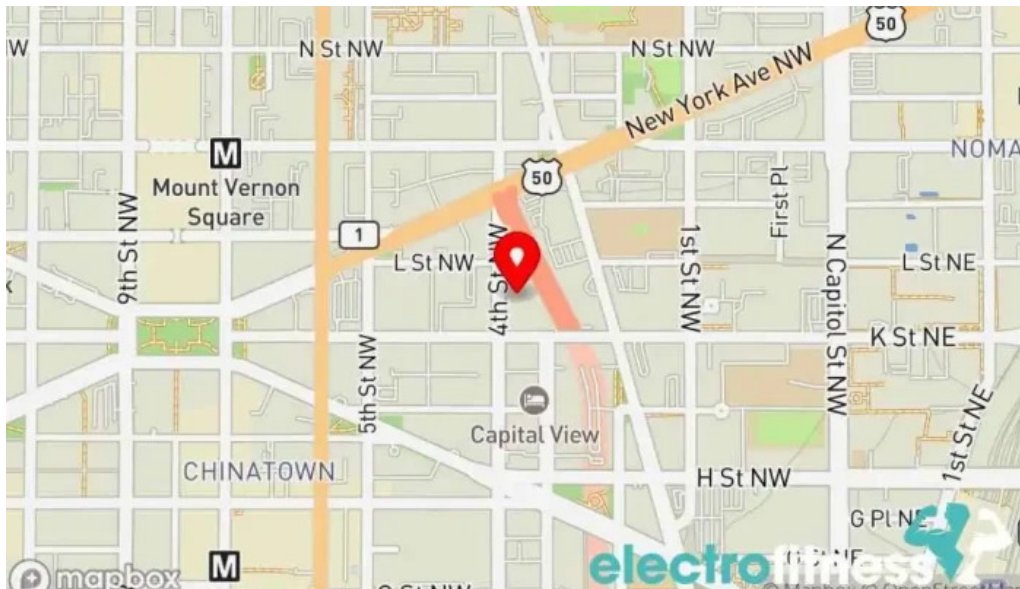
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Flex dc map



Flex dc location



Flex dc gym



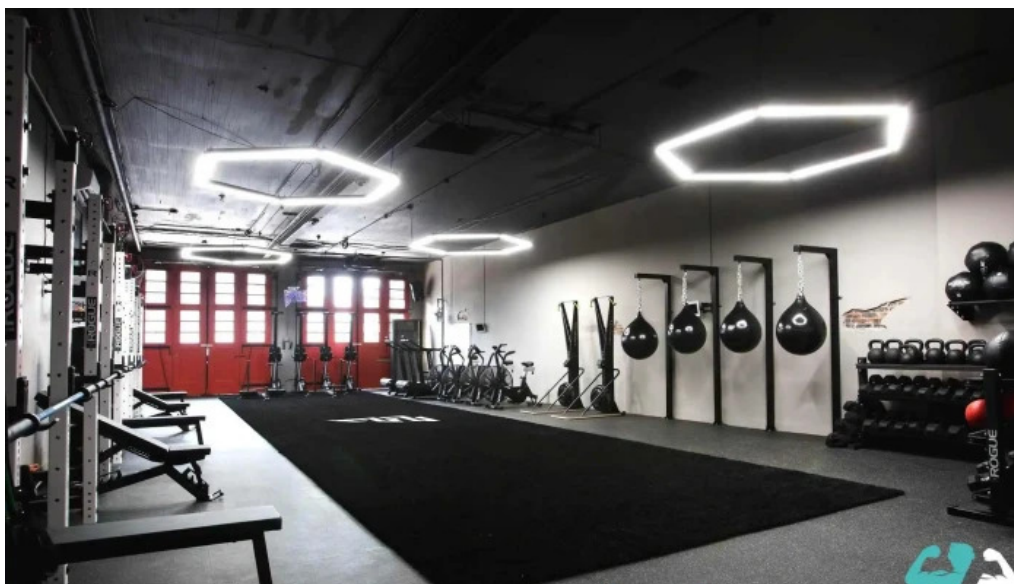
Flex dc fitness center



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Flex dc area



Flex dc all

Tags

Accessibility, Wheelchair-accessible entrance, Atmosphere, Shower

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