

Uplift Strength & Spirit - Washington

washington

☐ I'm not a robot



RECAPTCHA

Published on: 17/04/25	Hits: 504
Comments: 0	See comments
Votes: 56	Score: 5

https://www.electrofitness.com/fitness-center/washington/uplift-strength-spirit-washington_208482.ph

p



washington

Uplift Strength & Spirit - Washington

Welcome to Uplift Strength & Spirit: Your LGBTQ+ Friendly Fitness Center in Washington, DC

If you're looking for a welcoming and supportive fitness environment, look no further than Uplift Strength & Spirit. Located in the heart of Washington, DC, this gym is not just a place to exercise; it's a community that celebrates diversity, including being LGBTQ+ friendly and a recognized ****transgender safe space****.

A Personalized Approach to Fitness

At Uplift, workouts are tailored specifically to your individual goals. With trainers like Nancy, Glenn, and Damien, members receive personalized attention in small group settings, with a maximum of five participants per session. This intimate approach ensures that you not only achieve your fitness goals but also feel a genuine sense of belonging within the community. Members highlight the ongoing check-ins and strategy sessions that make all the difference.

Community-Centric Environment

One of the standout features of Uplift is its commitment to creating a supportive atmosphere. Clients have expressed how they appreciate the non-judgmental environment where everyone can thrive. Many have found friendships and camaraderie with others on similar fitness journeys. The gym fosters an inclusive vibe where ego is left at the door, allowing everyone to focus on their personal development.

Outstanding Amenities

Uplift offers various ****service options**** designed to enhance your fitness experience. Here are some features that make it commute-friendly: - ****Free of Charge Street Parking:**** Conveniently located, parking is easily accessible for all members. - ****Paid Street Parking:**** For those who prefer additional parking options, this is available nearby. - ****Gender-Neutral Toilets:**** Reflecting its inclusive values, Uplift prioritizes accessibility for everyone. - ****Swimming Pool:**** A perfect place to cool off post-workout or add a refreshing element to your training.

Online Classes and Flexible Scheduling

For those looking for flexibility, Uplift provides ****online classes****, allowing you to participate from home when necessary. Members appreciate the ability to fit workouts seamlessly into their busy schedules, with appointments required to ensure personalized attention and progress tracking.

Women-Owned and Committed to Empowerment

Uplift Strength & Spirit is proudly woman-owned, with Nancy leading the charge. Her dedication to fostering empowerment through strength training is evident in every class. She emphasizes proper form, nutritional guidance, and community support, ensuring that each member can achieve their fitness goals sustainably.

Conclusion: Take the Next Step

Whether you're a seasoned athlete or new to fitness, Uplift Strength & Spirit has something for everyone. With its strong commitment to inclusivity, exceptional coaching, and community spirit, it's no wonder so many have found

success and support within its walls. If you're ready to embark on a transformative fitness journey, don't hesitate to check out Uplift — you might just find your new fitness family!

We are found at

1232 M St NW, 20005 Washington, District of Columbia - United States (US)

The contact line of the mentioned **Fitness center** is +1202-930-8014

And if you want to send a WhatsApp, you can do so at +1202-930-8014

You can visit us at the following hours:

Day Hours
Monday

5:45?AM–1:15?PM 4:45–8:30?PM

Tuesday

5:45–10:30?AM 4:45–8:30?PM

Wednesday

5:45–10:30?AM 4:45–8:15?PM

Thursday

6:45?AM–1:15?PM

Friday

7:45?AM–1:30?PM

Saturday

Closed

Sunday

5:45–10:30?AM 4:45–8:30?PM

The website is [Uplift Strength & Spirit](#)

In case you want to adjust any detail that you feel is not correct regarding this portal, we kindly request send us a message so we can we will fix it as soon as possible. Thank you in advance thanks for your cooperation.

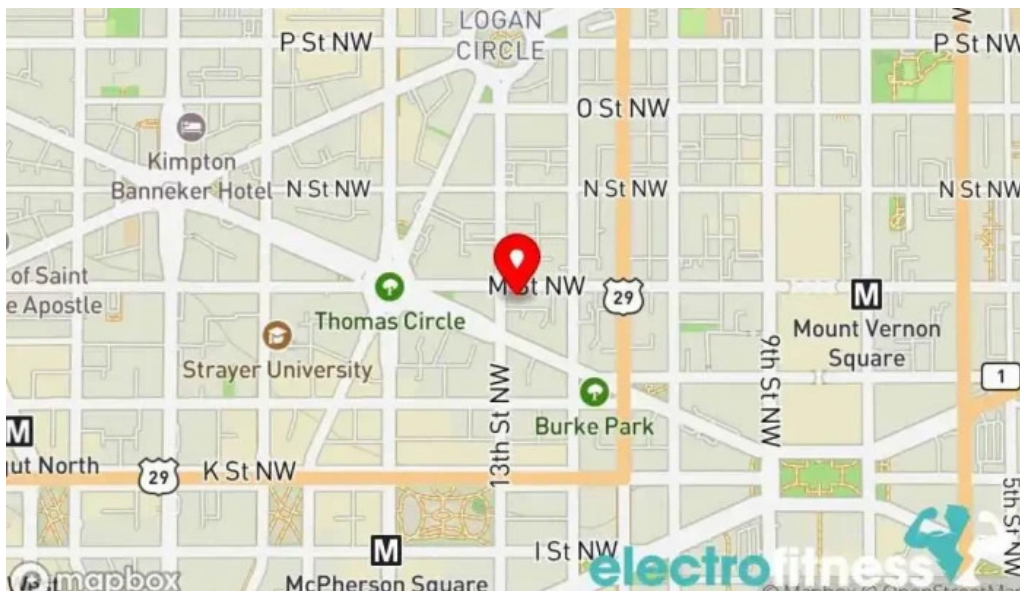
Images



Uplift strength spirit washington



Uplift strength spirit street view 360deg



Uplift strength spirit map



Uplift strength spirit gym



Uplift strength spirit fitness center



Uplift strength spirit by owner



Uplift strength spirit all

Tags

Gender-neutral toilets, Paid street parking, Swimming pool, Free of charge street parking, Parking, Appointment required, Identifies as women-owned, Planning, Transgender safe space, Service options, On-site services, LGBTQ+ friendly, Amenities, Crowd, From the business, Online classes

Related content

3.9 *	<i>uplift experience - Lafayette</i>
4.5 *	<i>Light House: Mind Body Spirit Sanctuary - Somerset</i>
5.0 *	<i>Rocky Mountain Strength - Centennial</i>
4.8 *	<i>Mind Body Spirit Fitness - Waldorf</i>
5.0 *	<i>Resurrected Strength - Broussard</i>
5.0 *	<i>Carbon Strength & Conditioning - Littleton</i>
5.0 *	<i>Bold Strength Fitness Llc - Valparaiso</i>
5.0 *	<i>Bay Strength - Berkeley</i>
4.8 *	<i>Iron Empire Strength - Mamou</i>
4.5 *	<i>Fort Washington Forest Community Center - Fort Washington</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