

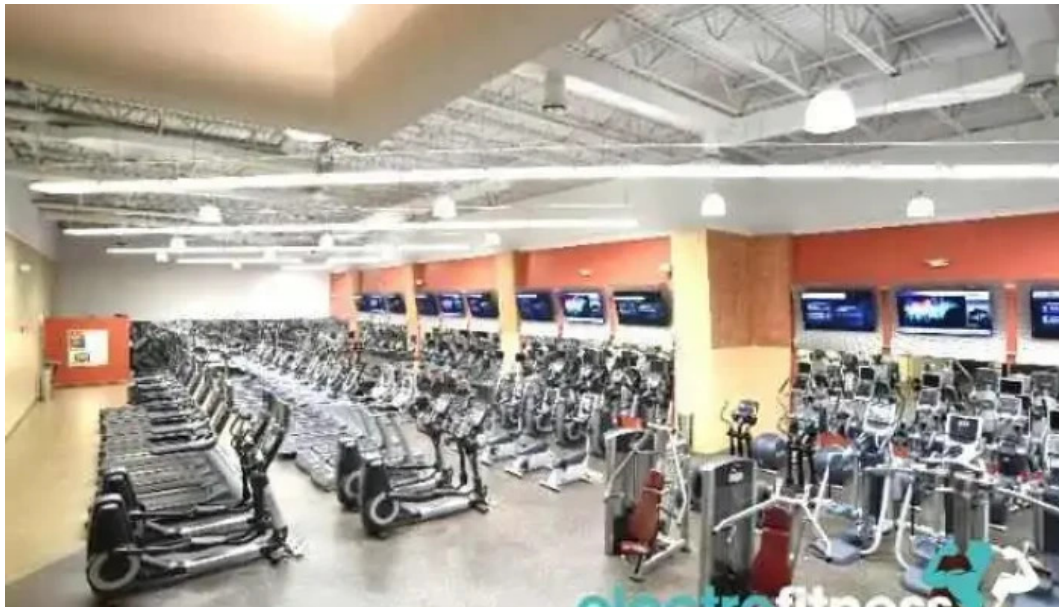
## Onelife Fitness - Bethesda - Bethesda

bethesda

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*bethesda*

## *Onelife Fitness - Bethesda - Bethesda*

### **Discover OneLife Fitness - Bethesda: A Comprehensive Family Gym Experience**

OneLife Fitness in Bethesda, Maryland, has been a staple for fitness enthusiasts and families for over 27 years. With its **\*\*wheelchair-accessible entrance\*\*** and facilities, this gym ensures that everyone can enjoy its amenities comfortably.

### **Membership Options and Amenities**

To access the full range of services at OneLife Fitness, a membership is

required. This investment grants you access to numerous **amenities**, including multiple weight rooms, cardio machines, and an expansive variety of group fitness classes. With its cavernous layout, even during peak hours, the facility never feels overwhelmingly crowded.

## **Sporting Facilities**

One of the standout features of OneLife Fitness is its sporting facilities. The gym proudly boasts a **basketball court** and a **tennis court**, catering to both casual players and serious athletes. For those who prefer outdoor activities, the gym also offers **outdoor services**, ensuring members can enjoy tennis matches and other sports year-round. Additionally, the **wheelchair-accessible car park** makes it easy for all users to visit the gym, promoting inclusivity for everyone.

## **Child Care Services**

Understanding the needs of families, OneLife Fitness provides **child care** services, allowing parents to focus on their workouts without worrying about their young ones. This feature has made it a favorite among busy families who value fitness and health.

## **Accessibility and Hygiene**

Accessibility remains a key focus at OneLife Fitness. The gym is equipped with various features designed to assist members with different needs. Feedback highlights the overall cleanliness of the locker rooms and gym areas, though some members have raised concerns about specific maintenance issues. Regular cleaning schedules, particularly for locker room facilities, are crucial in ensuring a safe and pleasant environment.

## **Community and Support**

The staff at OneLife Fitness is frequently praised for their approachability and expertise. Members have noted the supportive community created by the trainers and front desk personnel. Whether you're seeking personal training or casual advice, the staff's professionalism ensures that your fitness journey is well-guided.

## **Final Thoughts**

In summary, OneLife Fitness in Bethesda isn't just a gym; it's a vibrant community dedicated to promoting health and wellness for individuals and families alike. With incredible amenities such as **basketball courts**, **child care**, and **wheelchair-accessible facilities**, it continues to be a top choice for fitness enthusiasts in the region. If you're looking for a place that combines exceptional service with a range of activities, look no further than OneLife Fitness.

## The address of our establishment is

4400 Montgomery Ave, 20814 Bethesda, Maryland - United States (US)

The phone number of this **Gym** is +1301-656-9570

And if you want to send a WhatsApp, you can do so at +1301-656-9570

## You can visit us at the following hours:

Day Hours  
Monday  
*7?AM–7?PM*  
Tuesday  
*8?AM–7?PM*  
Wednesday  
*5?AM–10?PM*  
Thursday  
*5?AM–10?PM*  
Friday  
*5?AM–10?PM*  
Saturday  
*5?AM–10?PM*  
Sunday  
*5?AM–10?PM*

The website is Onelife Fitness - Bethesda

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## Images



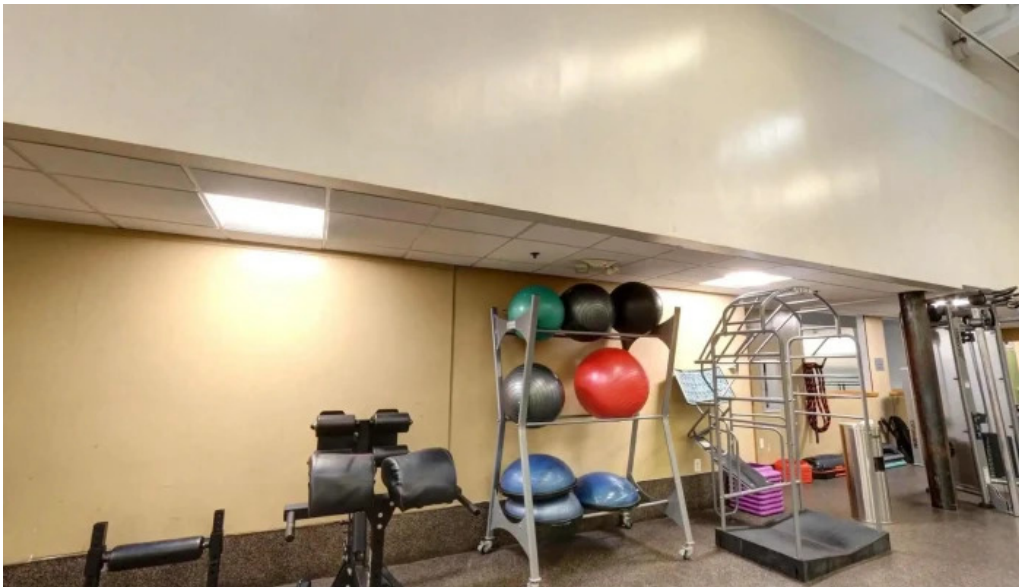
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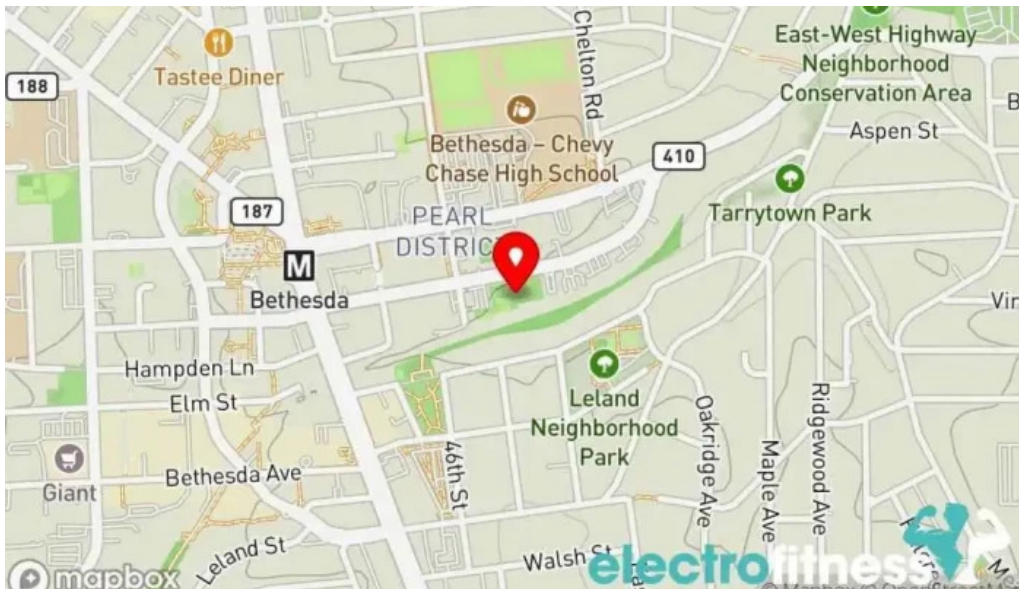
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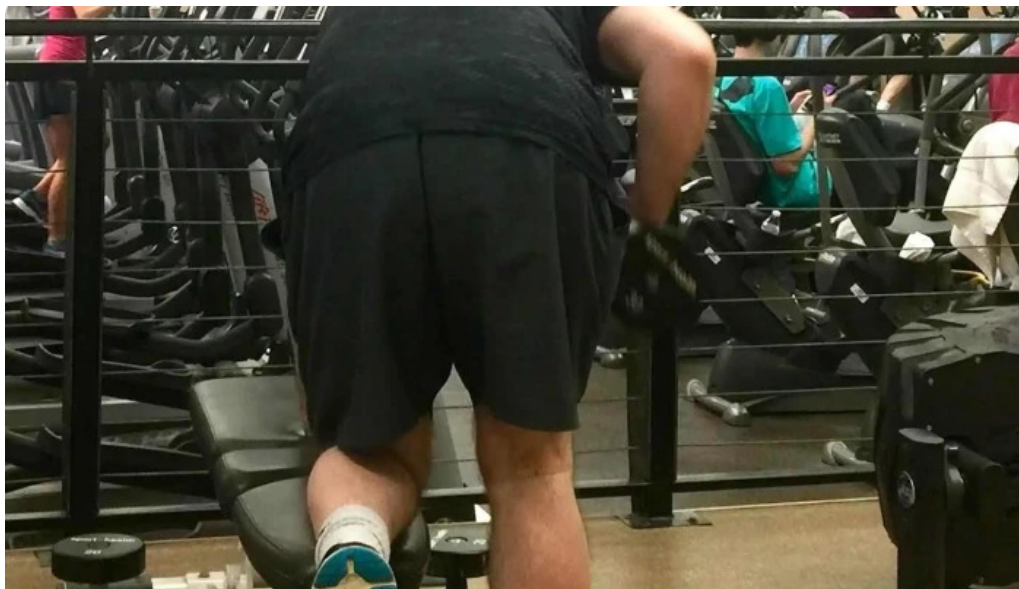
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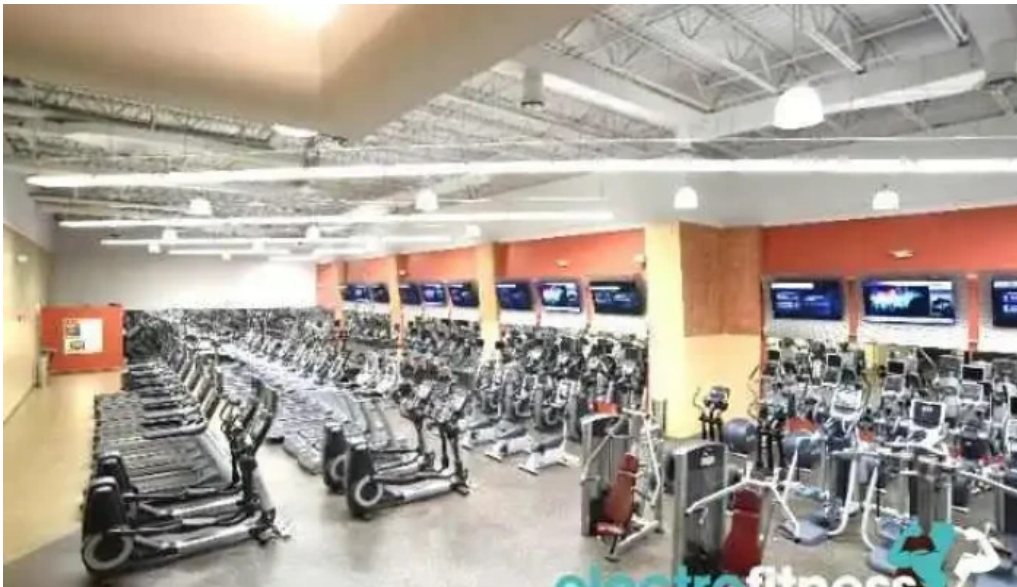
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## Tags

*Planning, Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility, Basketball court, Child care, Membership required, Service options, Amenities, Has a tennis court, Outdoor services*

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