

## Bam Fitness and Nutrition, Llc - Cumberland

cumberland

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### *Bam Fitness and Nutrition, Llc - Cumberland*

## **BAM Fitness and Nutrition: A Hidden Gem in Cumberland, Maryland**

Located in the heart of Cumberland, Maryland, **BAM Fitness and Nutrition, LLC** is a premier destination for fitness enthusiasts seeking **on-site services** that cater to all levels. This women-owned gym has earned a stellar reputation for its commitment to cleanliness, accessibility, and community.

### **Exceptional Amenities for Everyone**

BAM Fitness takes pride in offering a range of **amenities** that enhance the workout experience. The gym features:

**Wi-Fi** for seamless connectivity A **wheelchair-accessible car park** A **wheelchair-accessible entrance and toilet**

This focus on **accessibility** ensures that all members feel welcome and comfortable during their workouts.

## **A Welcoming Atmosphere**

Members rave about the friendly and inviting atmosphere at BAM Fitness. Staff members know you by name and genuinely care about helping you achieve your fitness goals. Whether you're a beginner or an experienced lifter, the supportive environment fosters motivation and consistency.

## **Quality Equipment and Training**

BAM Fitness boasts newer, well-maintained equipment, ensuring that every member has access to modern tools for their workouts. According to members, the gym includes:

Plenty of squat and bench racks A comprehensive selection of free weights Powerlifting platforms and more  
Many members have expressed a desire for more specialized machines, such as a dedicated hamstring curl machine, but overall, the available equipment exceeds expectations.

## **Community-Centric Classes and Personal Training**

BAM Fitness offers an array of classes that accommodate all fitness preferences, from kickboxing to strength training. Personal trainers are known for their expertise and ability to provide tailored workouts without pressure, ensuring that everyone feels supported.

The gym's **youth training program** stands out, with experienced trainers dedicated to teaching proper lifting techniques and building confidence in young athletes. This aspect has garnered positive feedback from parents eager to see their children thrive.

## **24/7 Access and Convenience**

For those who prefer unconventional hours, BAM Fitness is open 24/7, 365 days a year. This accessibility allows members to work out on their own schedules, making it an ideal choice for busy individuals.

## **Why Choose BAM Fitness?**

BAM Fitness and Nutrition is not just a gym; it's a community. With a wide range

of equipment, exceptional trainers, and a welcoming atmosphere, it stands out as a top choice for anyone looking to improve their health and fitness. As one member put it, "If you're looking for a more personal experience than what you'd get at a big-box gym, BAM is the perfect choice."

In conclusion, if you're in Cumberland, Maryland, don't miss the opportunity to join this fantastic facility. With its commitment to quality, accessibility, and community, BAM Fitness and Nutrition is truly a one-of-a-kind gym experience.

### **You can reach us at**

900 Gay St, 21502 Cumberland, Maryland - United States (US)

The phone number of said **Gym** is +1240-362-7136

And if you want to send a WhatsApp, you can do so at +1240-362-7136

### **Our service 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 BAM Fitness and Nutrition, LLC

In case you want to modify any element that you think is not correct regarding this page, please send us a message so that we will fix it as soon as possible. With anticipation thank you very much.

## **Images**



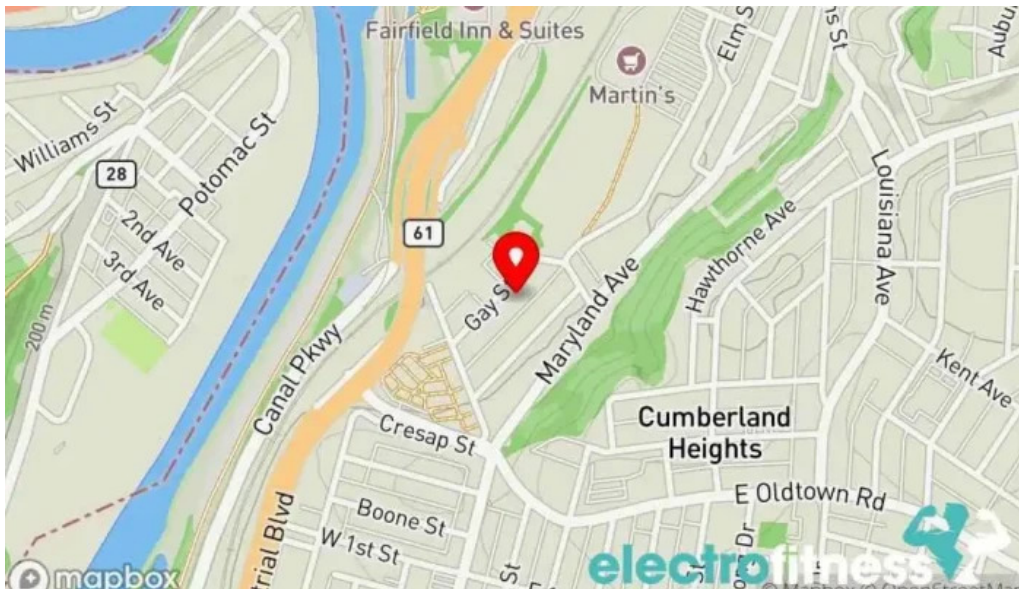
*Bam fitness and nutrition llc where*



*Bam fitness and nutrition llc street view 360deg*



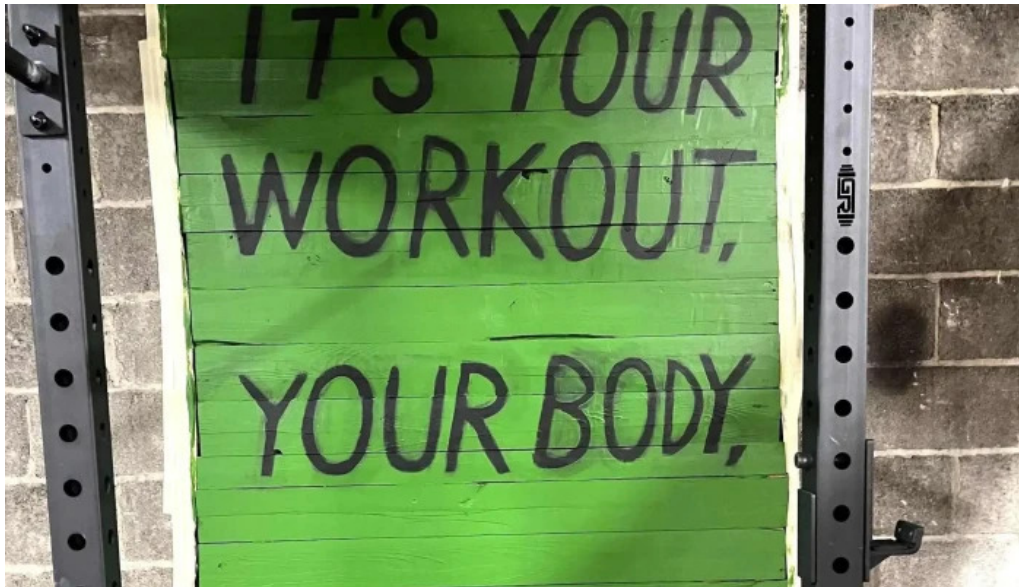




*Bam fitness and nutrition llc map*



*Bam fitness and nutrition llc gym*



*Bam fitness and nutrition llc cumberland*



*Bam fitness and nutrition llc by owner*



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## Tags

*Service options, Wheelchair-accessible toilet, Wheelchair-accessible entrance, Wheelchair-accessible car park, Wi-Fi, Accessibility, Toilet, From the business, Identifies as women-owned, On-site services, Amenities*

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**5.0 \*** *Yakima Fitness Nutrition - Yakima*

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**5.0 \*** *Superhero's Nutrition Club - Othello*

## Comments



*I am absolutely chuffed about getting my workout done at BAM! This quaint gym, located right in the heart of the community, is a real hidden gem. Despite its size, it's got everything you'd need for a cracking workout—from top-notch machines to a proper free weights section. You can tell that the owners take real pride in keeping the place spotless and in good working order, which makes a massive difference.*

*What really sets this gym apart is the warm, welcoming vibe. The staff know everyone by name, and they genuinely care about helping you smash your fitness goals. Whether you're just starting out or a seasoned gym bunny, they bend over backward to make you feel right at home and fired up. And let me tell you, the personal trainers are absolute gems, offering tailored guidance without any pressure.*

*I've never had to contend with overcrowding, even during the busiest hours, and that's a huge bonus for me. The sense of community makes it a doddle to stick to a routine, and I actually look forward to my workouts here. If you're after a more personal touch compared to those big, corporate gyms, BAM is the bee's knees.*

*I definitely recommend it to anyone looking for a supportive and friendly spot to work up a sweat!*

## Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym

boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space
cultural center
dance company
dance school
day spa
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health food store
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 spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office

self defense school
senior citizen center
shooting range
shopping mall
soccer club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
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weightlifting area
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wellness program
women's personal trainer
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yoga instructor
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