

## Player's Fitness and Performance - Frederick

frederick

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## *Player's Fitness and Performance - Frederick*

### **Discover Player's Fitness and Performance in Frederick, Maryland**

Are you looking for a gym that truly values **\*\*accessibility\*\*** and personalized fitness journeys? Look no further than **\*\*Player's Fitness and Performance (PFP)\*\*** located in Frederick, Maryland. This exceptional facility is committed to creating an inviting environment for everyone, including those who need **\*\*wheelchair-accessible entrances\*\*** and parking.

### **Accessibility at PFP**

PFP recognizes the importance of making fitness accessible to all individuals.

The gym features a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can enjoy their fitness journey without barriers. The welcoming atmosphere at PFP makes it a second home for many members of different fitness levels and backgrounds.

### **Online Classes for Flexibility**

In today's digital age, PFP offers **\*\*online classes\*\*** that allow you to work out from the comfort of your own home. This flexibility means you don't have to miss a workout, regardless of your schedule. Members appreciate the convenience of participating in classes online, making it easier for everyone to stay fit and engaged.

### **A Community Focused on Health and Wellness**

The testimonials from PFP members showcase just how supportive and uplifting the community is. Many people note feeling welcomed as soon as they walk through the doors. One member states, "The coaches and staff treat you like family," emphasizing the familial atmosphere that PFP cultivates. Another member shared how the trainers provide **\*\*service options\*\*** that cater to individual needs. For example, a 60-year-old member noted that coaches create customized plans based on personal fitness goals. This level of attention demonstrates the commitment to every individual's growth and well-being, extending beyond just physical health to include emotional wellness.

### **Engaging Programming**

PFP offers a variety of workouts, which mix cardio and strength training. Members appreciate the well-designed classes that change regularly to keep things interesting. One long-time participant shares, "The classes have great variety in programming and mix it up to keep things challenging." This adaptability enables everyone to find what works best for them, whether they're beginners or seasoned athletes. With options for both group training and **\*\*personalized coaching\*\***, PFP ensures that everyone feels guided and motivated throughout their workouts.

### **Building Confidence and Community**

PFP has proven to be more than just a gym; it's a community. Children, teens, and adults alike grow in confidence through the support and motivation they receive. Parents express joy at seeing their kids' self-esteem rise alongside their physical strength. As one parent said, "My son has become more confident... the staff is super friendly, knowledgeable, and helpful." In addition to its dedication to physical fitness, PFP also emphasizes emotional support. A member reflected, "If I am having a bad day and come to work out, I leave in better spirits and feeling refreshed." This holistic approach to fitness fosters a positive mindset among members, allowing them to thrive both in and out of the gym.

## Conclusion

Player's Fitness and Performance in Frederick, Maryland, embodies everything one could want in a gym: **\*\*accessibility\*\***, a supportive community, tailored service options, engaging classes, and a focus on overall well-being. Whether you're looking for a place to start your fitness journey or seeking a supportive environment to continue your path, PFP is the right choice. Come experience the warmth, encouragement, and exceptional training that PFP has to offer!

### You can find us at

1664 Bowmans Farm Rd Suite 104, 21701 Frederick, Maryland - United States (US)

The contact line of this **Gym** is +1240-557-2906

And if you want to send a WhatsApp, you can do so at +1240-557-2906

### Our service hours are:

Day Hours  
Monday  
5:30?AM–7:30?PM  
Tuesday  
5:30?AM–6:30?PM  
Wednesday  
7:30?AM–12:30?PM  
Thursday  
Closed  
Friday  
5:30?AM–7:30?PM  
Saturday  
5:30?AM–7:30?PM  
Sunday  
5:30?AM–7:30?PM

The website is Player's Fitness and Performance

If you require to modify any data that you think is incorrect related to this site, we ask send a message so we can we will fix it as soon as possible. With anticipation thank you very much.

## Images



*Players fitness and performance videos*



*Players fitness and performance street view 360deg*



*Players fitness and performance score*

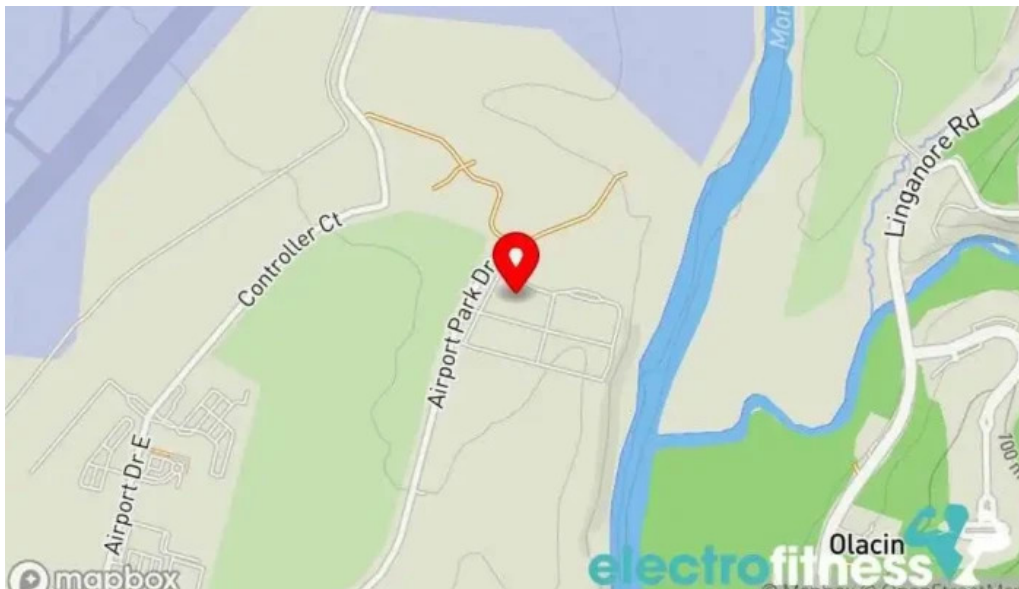


*Players fitness and performance promotion*





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## Tags

*Accessibility, Service options, Wheelchair-accessible car park, Online classes, Wheelchair-accessible entrance*

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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