

Grizzly's Hardcore Gym - Frostburg

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Grizzly's Hardcore Gym - Frostburg

Discover Grizzly's Hardcore Gym in Frostburg, Maryland

If you're on the lookout for a no-nonsense gym that provides everything you need for an effective workout, look no further than ****Grizzly's Hardcore Gym****. Located in Frostburg, Maryland, this old-school gym has garnered a reputation for its dedication to fitness and community.

Accessibility Features

Grizzly's is committed to ensuring that everyone can access their facilities. The ****wheelchair-accessible car park**** makes it easy for all members to reach the

gym without hassle. Additionally, the ****wheelchair-accessible entrance**** ensures that all individuals can enjoy their workouts in a welcoming environment.

24/7 Availability

One of the standout features of Grizzly's is that it is ****open 24 hours**** a day. This allows members the flexibility to train whenever it suits their schedules, making it an excellent choice for those with busy lifestyles or unconventional hours.

Membership and Planning

While a ****membership is required**** to take full advantage of the facilities, Grizzly's offers options for newcomers. Visitors can easily purchase passes, such as a recent \$5 three-day pass that one satisfied customer enjoyed during their stay for a basketball camp. This kind of accommodation speaks volumes about the gym's commitment to fitness enthusiasts.

A Community Experience

Grizzly's is more than just a place to work out; it's a community. The atmosphere is described as positive and welcoming, with staff like Bill (also known as 'Pap') going out of their way to make newcomers feel at home. During workouts, members encourage each other to achieve personal records, fostering a supportive environment that is often missing in larger franchises.

Equipment and Facilities

The gym may not boast fancy, high-tech machinery, but it has everything you need for serious strength training. From ****free weights**** to cardio equipment and older machines, Grizzly's is equipped to help you build a fit, muscular, and strong body. Many patrons appreciate the availability of various machines, emphasizing that while it may not have everything, it does have what you truly need for effective workouts.

Cleanliness and Maintenance

The cleanliness of Grizzly's is frequently praised, with many noting the superb conditions of the bathrooms and changing areas. A clean, well-maintained facility is essential for any gym, and Grizzly's certainly delivers in this aspect.

Join the Grizzly's Family

Whether you're looking for a place to drop in for a quick workout or a dedicated space to pursue your fitness goals, Grizzly's Hardcore Gym offers the right balance of accessibility, community, and effective training tools. If you're in Frostburg, this gym should be at the top of your list!

We are established at

10601 New Georges Creek Rd SW, 21532 Frostburg, Maryland - United States (US)

The phone of the respective **Gym** is +1301-276-0491

And if you want to send a WhatsApp, you can do so at +1301-276-0491

We are open during the following hours:

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

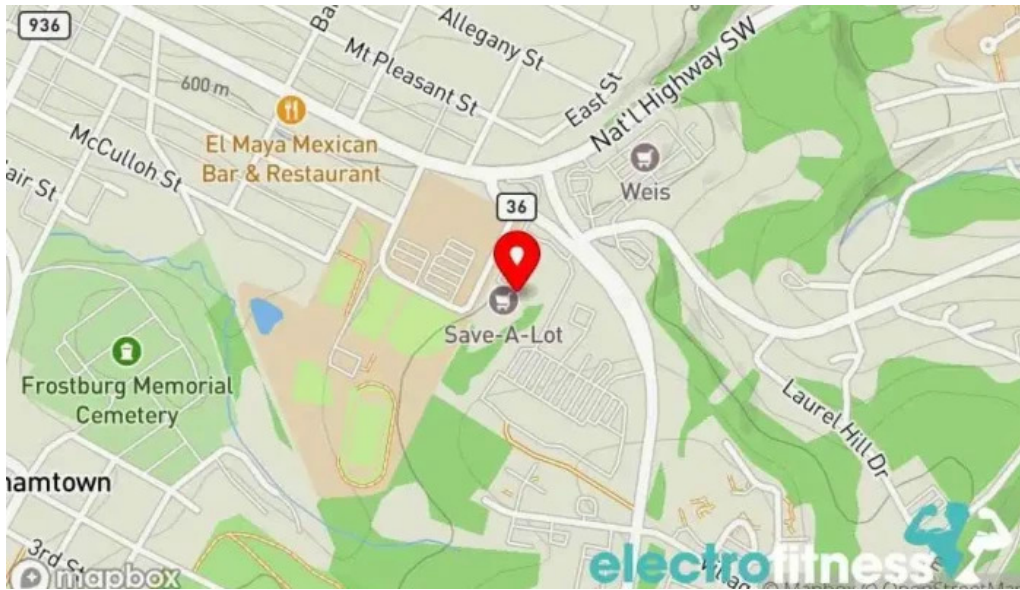
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Images



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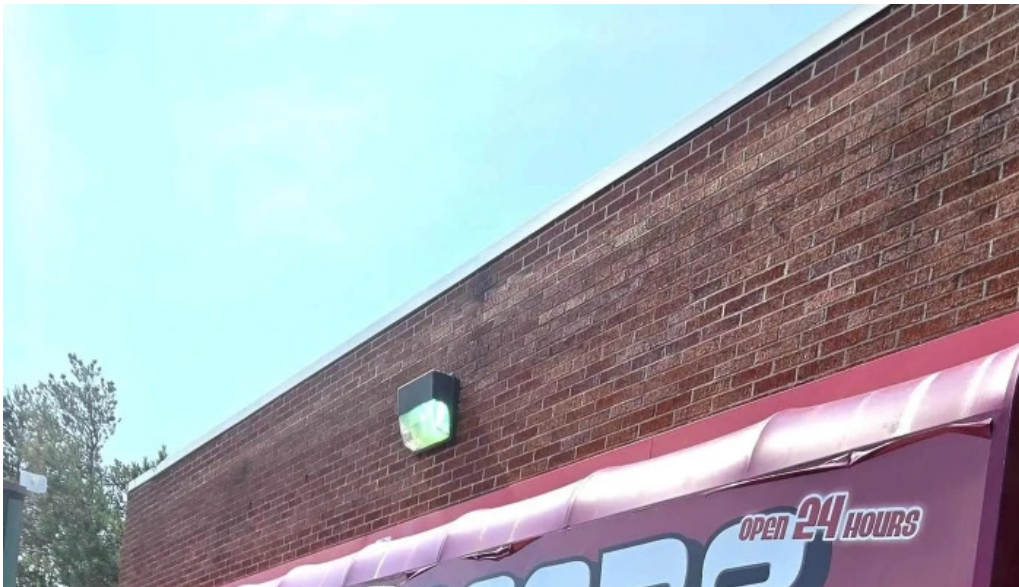
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Grizzlys hardcore gym location



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Tags

Wheelchair-accessible car park, Wheelchair-accessible entrance, Accessibility, Planning, Membership required

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Comments

Ronald Gonzalez	09-05-25 10:07
<p><i>I found myself in Frostburg attending a basketball camp, only to discover that the college's fitness center was closed. After reaching out to Grizzlies, they kindly provided me with a 3-day pass for just \$5. Let me tell you, the gym was absolutely top-notch! It had all the necessary equipment and facilities, making it a delightful departure from my usual haunt at Planet Fitness. When I return for camp next year, Grizzlies will be my first point of contact without a doubt. I cannot recommend them highly enough!</i></p>	

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cultural center
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dance school
day spa
disc golf course
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educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
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foot care
gated community
golf club
golf course
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grocery store
gym
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gymnastics center
hair salon
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