

Grizzly's Hardcore Gym - Frostburg

frostburg

 I'm not a robot 
reCAPTCHA

Published on: 09/05/25	Hits: 261
Comments: 1	See comments
Votes: 29	Score: 4.4

https://www.electrofitness.com/gym/frostburg/grizzly-s-hardcore-gym-frostburg_284483.php



frostburg

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
Open 24 hours

If you require to adjust any data that you feel is not correct concerning this portal, please forward a message and we will correct it at the earliest convenience. In advance thanks for your cooperation.

Images



Grizzlys hardcore gym videos



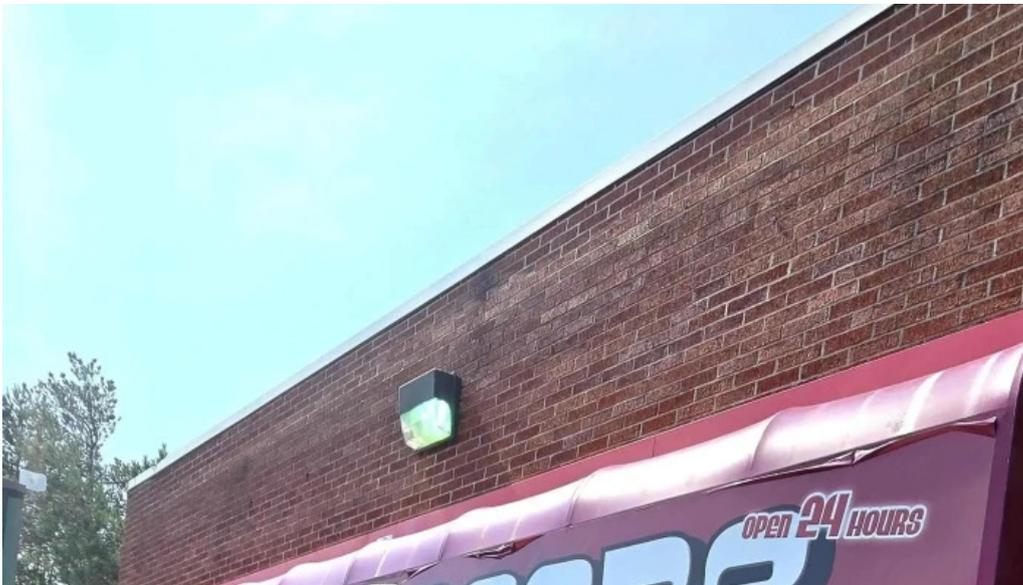
Grizzlys hardcore gym map



Grizzlys hardcore gym location



Grizzlys hardcore gym gym



Grizzlys hardcore gym frostburg



Grizzlys hardcore gym all



Grizzly s hardcore gym frostburg

Tags

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

Related content

4.9 * *Hardcore Gym Spokane - Spokane*

5.0 * *Hardcore Fitness Westlake Fitness Studio - Westlake Village*

4.4 * *Hardcore Fitness Santa Clarita - Santa Clarita*

4.9 * *Hardcore Fitness Agoura Hills - Agoura Hills*

5.0 *	<i>Hardcore Strength & Fitness, Llc - Valparaiso</i>
4.9 *	<i>Orangetheory Fitness - Dyer</i>
4.8 *	<i>Orangetheory Fitness - Spokane</i>
5.0 *	<i>Studio Ex Cycle & Group Fitness - Hyannis</i>
3.5 *	<i>Crunch Fitness - Santa Clarita - Santa Clarita</i>
4.5 *	<i>Planet Fitness - Victorville</i>

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>	

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
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization