

## East Fitness Center - Joint Base Andrews

joint base andrews

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*joint base andrews*

## *East Fitness Center - Joint Base Andrews*

### **Explore East Fitness Center at Joint Base Andrews**

Located at Joint Base Andrews in Maryland, the East Fitness Center offers a unique gym experience, especially for military personnel and their families. While it may not boast the same size as the West Side Fitness Center, many users find it to be a charming and accessible place to work out.

### **Amenities for Every Fitness Enthusiast**

Despite being classified as a small gym, East Fitness Center features a variety

of **amenities** that cater to different fitness needs. With a well-equipped weight room, a dedicated cardio area, and a **basketball court**, this gym provides options for everyone—from those who prefer weightlifting to avid basketball players. The **basketball court** recently received upgrades, including new LED lights and flooring, making it an inviting space for recreational play. However, it's important to plan your visit, as peak hours tend to congest the facility, particularly during lunch breaks from 11 AM to 1 PM and after work from 5 PM to 7 PM.

## Accessibility Features

One of the standout features of the East Fitness Center is its commitment to **accessibility**. The gym boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that all individuals can enjoy the facilities without barriers. This makes it an inclusive environment for both active duty members and their families.

## Facilities Overview

Visitors often comment on the cleanliness and upkeep of the East Fitness Center. The locker room includes showers and basic amenities that are well-maintained. Although some users mention that the weight room could benefit from additional space and equipment, most agree that the current setup is sufficient for a solid workout. For those interested in various sports, the gym also offers racquetball courts, although some users have pointed out that they may require renovations for optimal use. The availability of basic sports equipment is also a consideration; patrons are encouraged to bring their own basketballs or volleyballs to ensure a satisfactory experience.

## Final Thoughts

In conclusion, East Fitness Center serves as a functional and clean facility that meets the needs of many fitness enthusiasts at Joint Base Andrews. With its **24-hour access** for registered DoD CAC members and a relatively quiet environment, it provides an excellent alternative for those looking to avoid crowded gym experiences. Despite some areas needing improvement, such as equipment variety and facility updates, many patrons appreciate what the gym has to offer and highly recommend it for anyone stationed on the east side of the base.

## The premises are located at

Bldg 3705, Fetchet Ave, 20762 Joint Base Andrews, Maryland - United States (US)

The contact line of this **Gym** is +1301-981-1610

And if you want to send a WhatsApp, you can do so at +1301-981-1610

## You can visit us at the following hours:

Day Hours

Monday

6?AM–2?PM

Tuesday

6?AM–2?PM

Wednesday

Closed

Thursday

Closed

Friday

6?AM–2?PM

Saturday

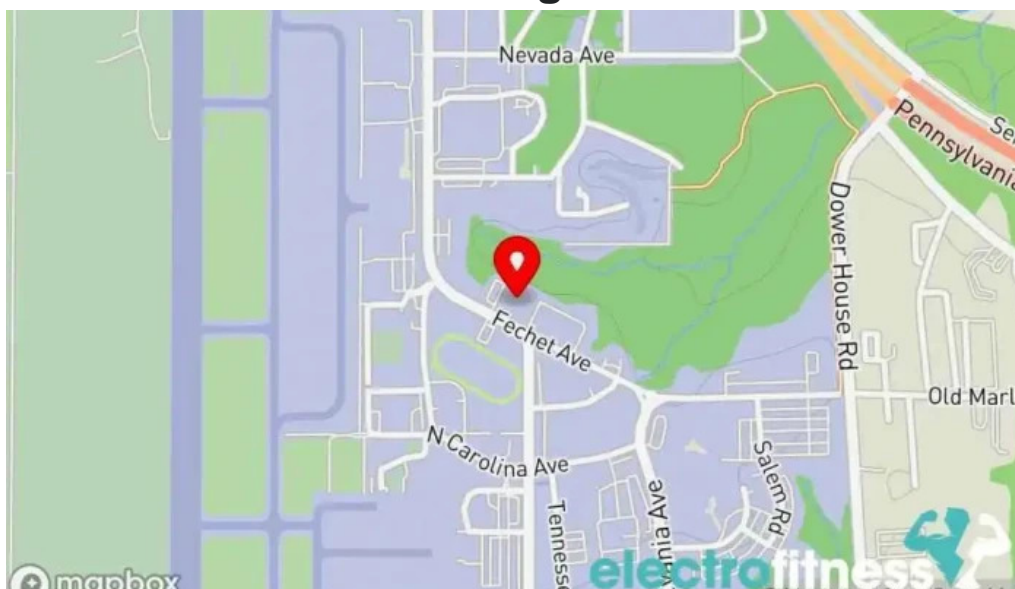
6?AM–2?PM

Sunday

6?AM–2?PM

If you need to adjust any detail that you think is not precise about this page, we urge you to deliver a message and we will correct it quickly. With anticipation thanks for your cooperation.

## Images



*East fitness center map*



*East fitness center joint base andrews*



*East fitness center gym*

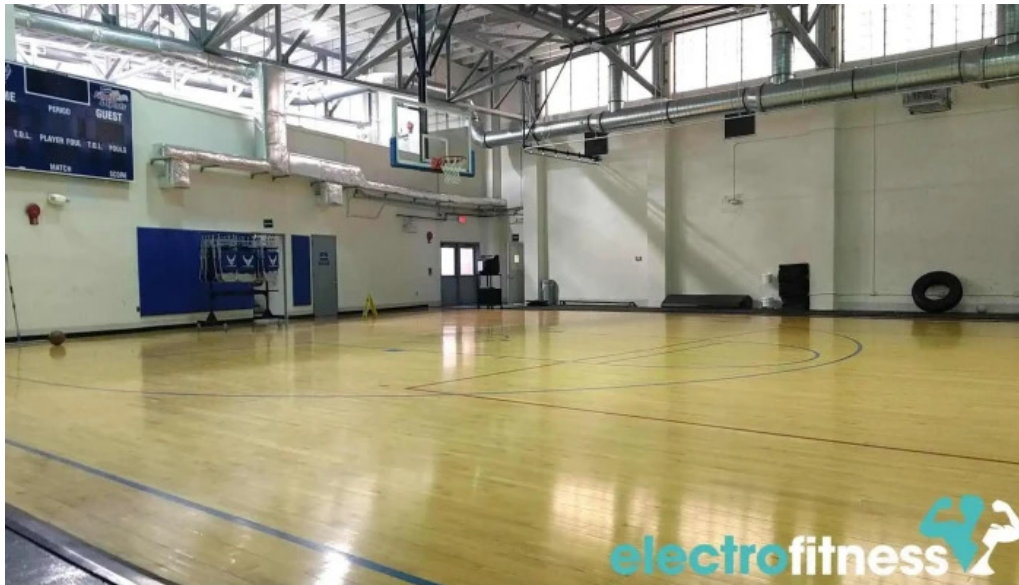




*East fitness center comments*



*East fitness center area*



*East fitness center all*

## Tags

*Amenities, Wheelchair-accessible entrance, Accessibility, Wheelchair-accessible car park, Basketball court*

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assisted living facility
association / organization
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barber shop
basketball club
basketball court
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boot camp
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dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
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exercise equipment store
facial spa
fertility clinic
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fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
general hospital
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area



historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
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public educational institution
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resort hotel
restaurant
rock climbing
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rv park
sauna
school
school district office
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shooting range
shopping mall
soccer club
social club
software company
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spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
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sports nutrition store
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swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school

training centre
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
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