

Tough Temple - Rockville

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rockville

Tough Temple - Rockville

Welcome to Tough Temple Gym in Rockville, Maryland

Tough Temple is a premier fitness destination located in Rockville, Maryland, renowned for its exceptional coaching and welcoming community. With a variety of workout options ranging from CrossFit to Olympic lifting, this gym aims to support all individuals in their fitness journey.

Accessibility Features

At Tough Temple, inclusivity is a priority. The facility offers a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**,

ensuring that everyone can access the gym easily. Additionally, they provide a **toilet** that caters to individuals with disabilities, making this a truly accessible facility.

Amenities and On-Site Services

Tough Temple is equipped with a plethora of amenities designed to enhance your fitness experience. Members can enjoy a **sauna** for post-workout recovery, alongside other **on-site services** such as personal training sessions and specialized classes. Whether you are a beginner or a seasoned athlete, there are services tailored to your needs.

Service Options and Membership Requirements

To join the Tough Temple community, **membership is required**. New members can take advantage of introductory offers, making it easier than ever to start your fitness journey. Various service options cater to different preferences, including one-on-one coaching, group classes, and open gym hours.

Planning Your Visit

When planning your visit, it's important to know that certain **appointments are required** for specific classes and personal training sessions. This ensures that each member receives personalized attention and feedback from the highly skilled staff.

Community and Coaching Excellence

Testimonials from current members highlight the supportive atmosphere fostered by coaches like Gio, John, and Lyndsie. For instance, one member noted how Gio's ability to balance fun and instruction makes every class enjoyable, while Lyndsie's commitment to individual progress has helped many reach their fitness goals. The positive reinforcement and attentiveness shown by all coaches create an encouraging environment for everyone.

Why Choose Tough Temple?

Tough Temple stands out not only for its top-notch facilities but also for its commitment to community. Members appreciate the inclusive atmosphere where everyone, regardless of fitness level, is welcomed and supported. The gym's culture focuses on growth, encouragement, and mutual respect, making it a fantastic place to achieve fitness goals. In summary, Tough Temple in Rockville, Maryland, is more than just a gym; it's a community dedicated to health, fitness, and personal achievement. With excellent facilities, knowledgeable coaches, and a supportive environment, it truly is a place where all can thrive.

Our establishment is located at

12143 Nebel St, 20852 Rockville, Maryland - United States (US)

The contact phone of the mentioned **Gym** is +1301-900-4424

And if you want to send a WhatsApp, you can do so at +1301-900-4424

Our service hours are:

Day Hours
Monday
7?AM–12?PM
Tuesday
7?AM–12?PM
Wednesday
5?AM–8?PM
Thursday
5?AM–8?PM
Friday
5?AM–8?PM
Saturday
5?AM–8?PM
Sunday
5?AM–8?PM

The website is Tough Temple

If you require to alter any detail that you consider is not precise regarding this portal, we urge you to send us a message so that we will handle it as soon as possible. With anticipation thanks for your cooperation.

Images



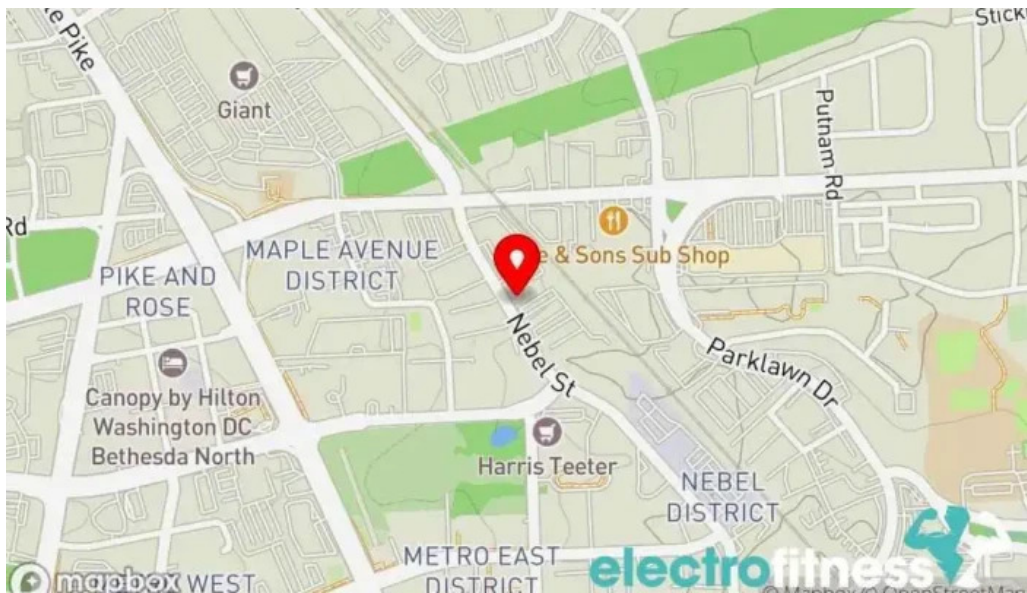
Tough temple videos



Tough temple street view 360deg



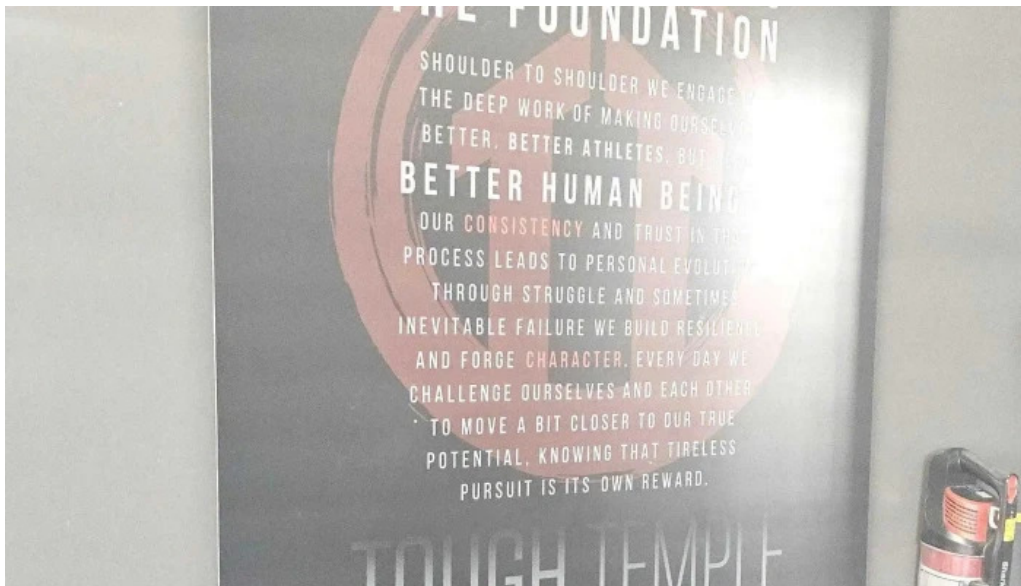
Tough temple rockville



Tough temple map



Tough temple latest



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Tags

Service options, Sauna, Wheelchair-accessible car park, On-site services, Wheelchair-accessible entrance, Accessibility, Membership required, Toilet, Amenities, Planning, Appointment required

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recreation center
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rock climbing gym
school district office
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shooting range
shopping mall
spa
spa and health club
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