

barre3 - Washington

washington

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Barre3 14th Street: Your Ultimate Fitness Destination in Washington, D.C.

Welcome to *Barre3 14th Street*, where fitness meets community and personal care. This inclusive barre studio is not just a place to work out; it's a sanctuary for those seeking a healthier lifestyle in Washington, D.C.

Amazing Amenities for Everyone

At Barre3, accessibility is at the forefront. The studio features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring everyone can join in on the fun. With **gender-neutral toilets**

available, the space is designed to be ****LGBTQ+ friendly**** and a ****transgender safe space,**** making it welcoming for all individuals.

Child Care Services

For parents looking to squeeze in a workout, Barre3 14th Street offers ****child care services**** that allow you to focus on your fitness while your little ones are well cared for. This unique amenity sets the studio apart, making it easier for families to incorporate fitness into their busy lives.

Parking Made Easy

Finding parking in the city can be a challenge, but Barre3 has you covered. Enjoy ****free of charge street parking**** or opt for ****paid street parking**** options nearby, making your visit hassle-free.

Dynamic Class Options

Barre3 offers a variety of class formats to suit every schedule, including both in-person and ****online classes****, ensuring you can stay engaged no matter your circumstances. Many clients appreciate the unique flexibility each instructor brings to their class, providing modifications tailored to individual needs, whether you're a beginner or an advanced participant.

A Welcoming Community Vibe

Clients rave about the positive environment at Barre3. From the moment you walk in, you're greeted with warmth and kindness from the front desk team, creating an inclusive atmosphere. The studio thrives on community, often organizing engaging activities such as monthly book clubs that foster connections among members.

Personalized Attention from Expert Instructors

The instructors at Barre3 are described as knowledgeable and approachable. They take time to check in with every member, offering modifications and encouragement throughout the class. Many clients have voiced their admiration for how these instructors focus on nurturing a sense of belonging and confidence in each individual.

Experience the Barre3 Difference

Barre3 is more than just a workout; it provides a transformative experience that empowers its members. Each class combines strength, cardio, and mindfulness, leaving participants feeling energized and accomplished. With a diverse range of class times, you'll find one that fits seamlessly into your routine.

In summary, if you're looking for a fitness studio in Washington, D.C. that prioritizes inclusivity, community, and personalized care, look no further than ****Barre3 14th Street****. Join the uplifting community today and discover why so many have made it their favorite fitness destination!

You can find us in

1832 14th St NW, 20009 Washington, District of Columbia - United States (US)

The contact phone of the mentioned **Gym** is +1202-588-0428

And if you want to send a WhatsApp, you can do so at +1202-588-0428

Our service hours are:

Day Hours
Monday

5:45–9?AM 4:30–7:45?PM

Tuesday

5:45?AM–1?PM 4:30–7:45?PM

Wednesday

5:45–9?AM 4:30–7:45?PM

Thursday

5:45?AM–1?PM 4:30–6:30?PM

Friday

7:30?AM–1?PM

Saturday

7:30?AM–1?PM 3:45–6:30?PM

Sunday

5:45?AM–1?PM 4:30–7:45?PM

The website is barre3

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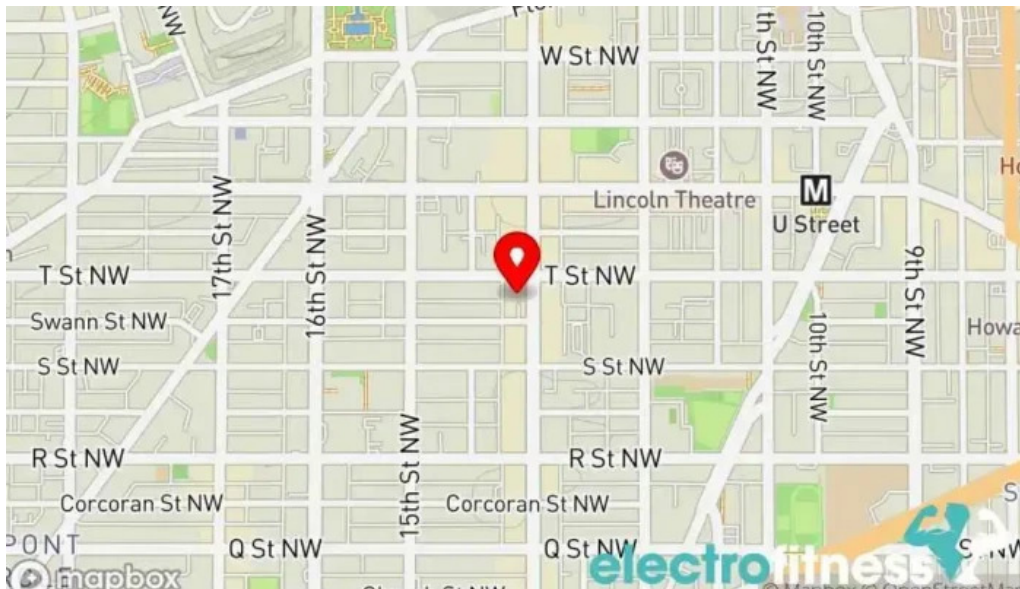
Images



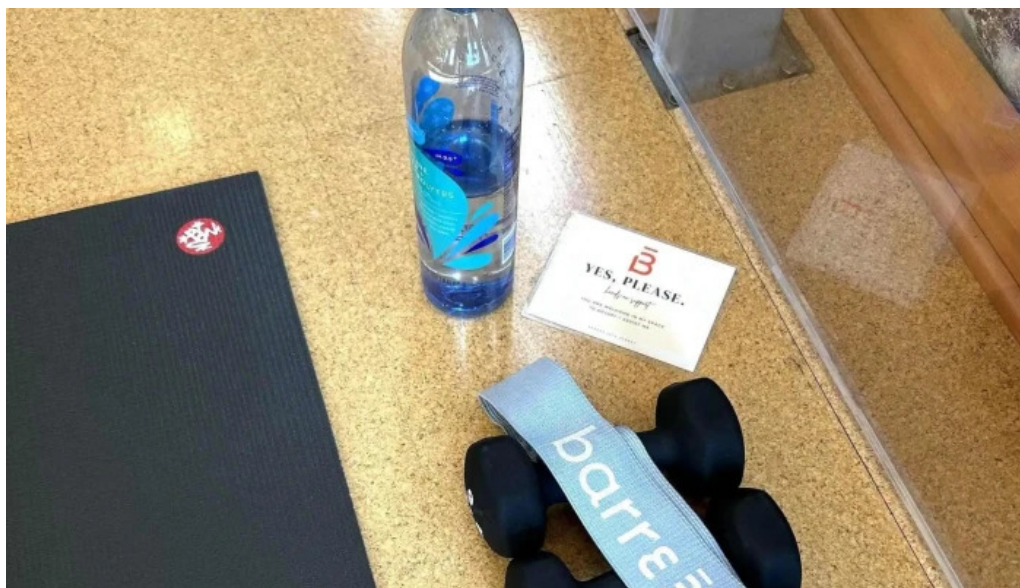
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Crowd, Service options, Amenities, Wheelchair-accessible entrance, From the business, Wheelchair-accessible car park, Parking, Transgender safe space, Free of charge street parking, Identifies as women-owned, Accessibility, Paid street parking, Child care, On-site services, LGBTQ+ friendly, Toilet, Online classes, Gender-neutral toilets

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