

Dc Row - Washington

washington



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washington

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Discover DC Row: A Unique Gym Experience in Washington, D.C.

If you're looking for a full-body workout in a motivating environment, look no further than **DC Row**, located in the heart of Washington, District of Columbia. This gym offers a range of **service options** tailored to meet the needs of all fitness levels, from beginners to seasoned athletes.

Service Options at DC Row

DC Row provides a variety of class types that cater to different fitness goals. Whether you are interested in learning proper rowing technique or seeking a high-intensity interval training (HIIT) session, there's something for everyone:

Crew Clinic: Perfect for beginners, this slower-paced class focuses on rowing fundamentals and ensures a good workout. **Row Flow:** This endurance-based class allows participants to push their limits while building stamina. **Scull & Sculpt:** This is a fan favorite, combining rowing with strength training exercises for a comprehensive workout.

Online Classes: Stay Fit from Home

In response to the ongoing pandemic, DC Row also offers **online classes**, making it easier than ever to stay active from the comfort of your home. Participants can join live sessions and maintain their fitness regime, regardless of location.

User Experiences: What People Are Saying

Feedback regarding DC Row is mixed but generally positive. Many attendees rave about the quality of the instructors and the welcoming atmosphere: "I always leave feeling like I received a great full body workout," said one satisfied customer who recently attended a Scull & Sculpt class led by **Kristen Duncan**, highlighting her motivational teaching style and focus on form. Another patron noted, "The staff was very welcoming... they communicated well when the main entrance was under construction," showcasing the gym's commitment to customer service.

Constructive Criticism

While many customers enjoy their time at DC Row, some have raised concerns regarding operational aspects. One user mentioned issues related to COVID-19 protocols: "When I walked in for my first class the instructor was not wearing a mask." Adhering to health guidelines is essential for ensuring the safety of all members.

Furthermore, suggestions for improvement include better music selection to match class intensity and increased engagement from instructors during workouts. Implementing these changes could enhance the overall experience for attendees.

Conclusion: A Must-Try Fitness Destination

Overall, DC Row stands out as a unique gym offering a variety of classes and a strong sense of community. Despite some operational challenges, the positive experiences shared by many indicate that this gym is worth trying, especially for those looking to explore new fitness avenues. Don't hesitate to check out DC

Row and discover why so many people recommend it!

You can find us in

1608 20th St NW 2nd Floor, 20009 Washington, District of Columbia - United States (US)

The phone of the mentioned **Gym** is +1202-683-4055

And if you want to send a WhatsApp, you can do so at +1202-683-4055

Our public attention hours are:

Day Hours
Monday

6?AM–8?PM

Tuesday

6?AM–8?PM

Wednesday

6?AM–8?PM

Thursday

6?AM–8?PM

Friday

10?AM–1?PM

Saturday

9?AM–12?PM

Sunday

6?AM–8?PM

The website is DC Row

If necessary to update any data that you think is not precise about this page, we kindly request deliver a message so we can we will correct it at the earliest convenience. Thanks beforehand thanks for your cooperation.

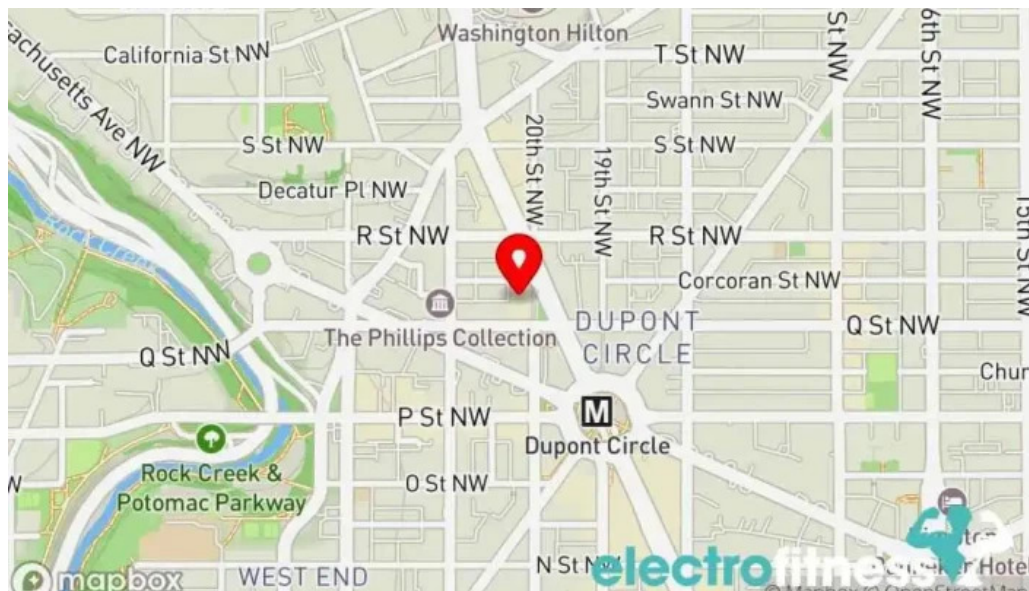
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