

Definition of Fitness - Washington

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Definition of Fitness: A Unique Gym Experience in Washington, D.C.

If you're searching for a gym that truly caters to your fitness needs, look no further than **Definition of Fitness** (DoF) located in Washington, D.C. This **Black-owned gym** not only supports your physical goals but also promotes an inclusive environment that is **LGBTQ+ friendly** and features **transgender safe spaces**. With a focus on community and personal growth, DoF stands out among the competition.

Amenities That Cater to Every Fitness Journey

At Definition of Fitness, you'll find **modern equipment** and various **on-site services** designed to enhance your workout experience. The gym includes a **swimming pool** and offers **outdoor services** for those who prefer exercise in nature. Whether you are a novice looking to start your fitness journey or a seasoned athlete aiming to elevate your performance, this gym has something for everyone.

Personal Training: One-on-One Attention

The intimate setting of the gym allows for **1x1 personal training**, so you never have to deal with long waits for equipment or a crowded workout space. Trainers like **David** and **Fatima** are dedicated to helping you achieve your fitness goals. Clients have shared how David's personalized training and Fatima's motivational coaching have transformed their workouts into enjoyable and rewarding experiences.

Planning Your Fitness Journey

Due to the tailored approach of trainers, **appointment required** sessions ensure that each individual receives the attention they need to succeed. The gym emphasizes the importance of planning as part of reaching fitness objectives, offering classes that fit various schedules and lifestyles.

A Welcoming Community Atmosphere

What truly sets Definition of Fitness apart is its strong sense of community. Many members have expressed how welcomed they feel regardless of their background, age, or level of fitness. The gym is recognized for fostering a safe and encouraging environment where individuals can thrive together. As one client puts it, "The atmosphere is professional yet friendly, making you feel at home."

Inclusivity in Every Aspect

DoF takes pride in being a **gender-neutral facility**, featuring **gender-neutral toilets** to ensure that all members feel comfortable while working towards their wellness goals. The commitment to inclusivity extends to specialized programs and events within the gym, making it a place where every individual can engage and grow.

Fantastic Class Offerings

In addition to personal training, Definition of Fitness offers a variety of group classes tailored to different fitness levels. Classes are led by professional instructors who create engaging and accessible programs for all members. From strength training to flexibility classes, there's something for everyone, ensuring that your workout routine remains fresh and exciting.

Conclusion: Your Next Step Towards Better Fitness

From its **excellent trainers** and **modern amenities** to its commitment to creating an **inclusive fitness community**, Definition of Fitness is not just a gym; it's a supportive family that helps you achieve your fitness goals. If you're looking for a welcoming environment that encourages personal growth and collective support, visit DoF today and experience the difference for yourself.

The business is situated at

506 K St NW, 20001 Washington, District of Columbia - United States (US)

The phone of this **Gym** is +1202-670-7131

And if you want to send a WhatsApp, you can do so at +1202-670-7131

Our opening hours are:

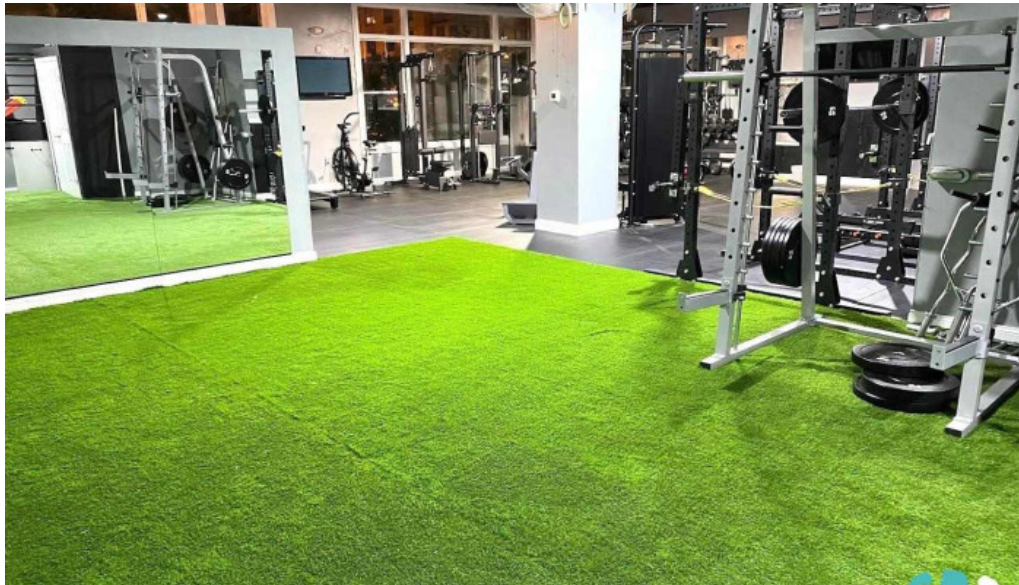
Day	Hours
Monday	5?AM–8?PM
Tuesday	5?AM–8?PM
Wednesday	5?AM–8?PM
Thursday	5?AM–5?PM
Friday	7?AM–12?PM
Saturday	Closed
Sunday	5?AM–8?PM

The website is Definition of Fitness

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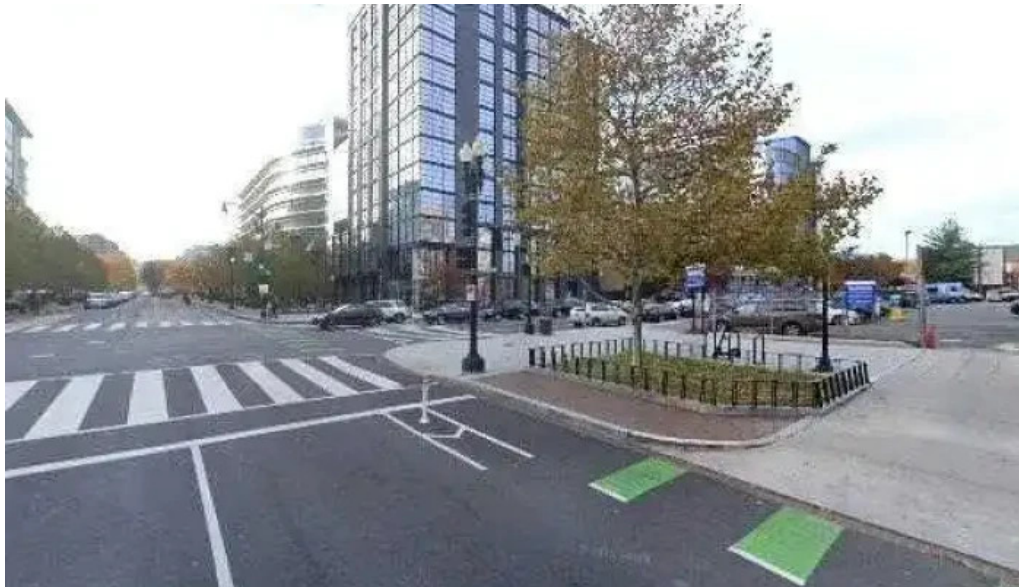
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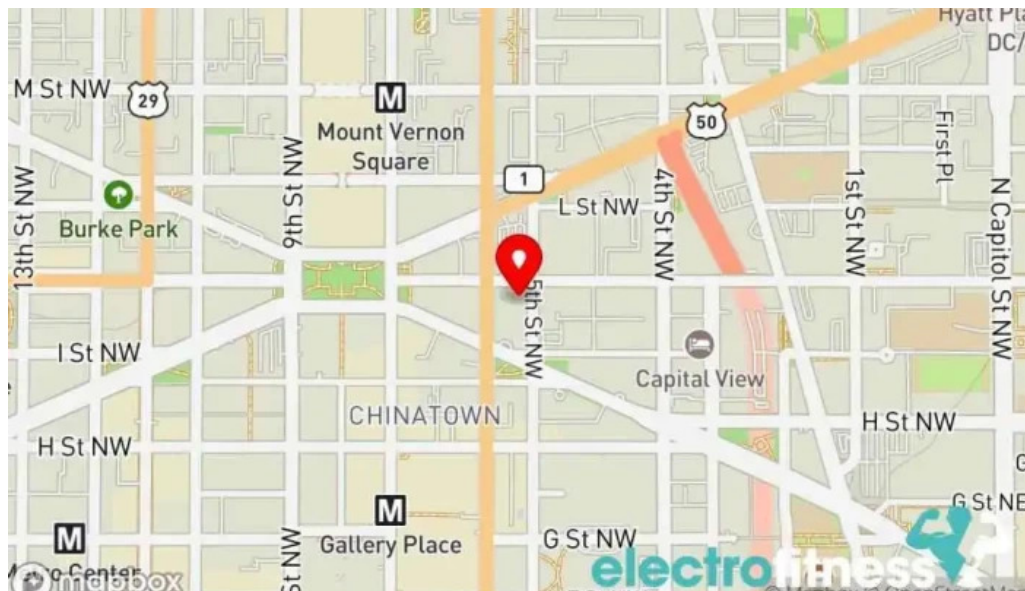
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Tags

Swimming pool, On-site services, Identifies as Black-owned, From the business, Amenities, Crowd, Outdoor services, LGBTQ+ friendly, Planning, Service options, Appointment required, Gender-neutral toilets, Transgender safe space

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