

Foundation Fitness of Cleveland Park - Washington

washington

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washington

Foundation Fitness of Cleveland Park - Washington

Welcome to Foundation Fitness of Cleveland Park

Located in the vibrant Cleveland Park neighborhood of Washington, D.C., ****Foundation Fitness**** is an exceptional gym that truly understands the needs of its community. As a ****woman-owned**** and ****veteran-owned**** establishment, it proudly creates a welcoming environment for everyone, regardless of their fitness level.

A Community-Centric Gym Experience

Membership at Foundation Fitness is required, but it's well worth it. The gym fosters a strong sense of community where members support each other in achieving their fitness goals. Reviews consistently highlight how the friendly staff, including trainers like Imani Brooks and Coach Tony, make workouts enjoyable and motivational.

Comprehensive Amenities

The facility boasts a wide range of **on-site services** and **amenities** that cater to various workout styles. It includes: - Modern cardio machines - Free weights - Bumper plates and barbells - Sturdy Rogue benches Despite being a smaller gym, Foundation Fitness is well-equipped, ensuring you'll never have to wait long to use the machines you need.

Classes and Training Options

In addition to traditional workouts, the gym offers **online classes** alongside in-person sessions. These classes range from yoga and Pilates to high-intensity interval training, making it easy for you to find an option that fits your schedule. For those who prefer serious lifting or specialized training, personal trainers are available to provide tailored workouts.

Environment and Community Vibe

Testimonials speak volumes about the gym's warm and supportive environment. Members describe it as a **clean facility** that allows everyone to feel comfortable and valued. With a commitment to maintaining high standards, the staff ensures that everything is organized and accessible, promoting a pleasant and safe workout atmosphere.

Flexible Access and Additional Features

One of the standout features of Foundation Fitness is its unique **outdoor space**. It's perfect for those sunny days when you want to exercise in fresh air while still enjoying the benefits of a structured gym environment. Moreover, **Wi-Fi** is available throughout the facility, allowing you to stay connected even during your workout.

Join the Fitness Family

Whether you're a beginner or an experienced athlete, Foundation Fitness Cleveland Park welcomes you with open arms. The **service options** available here are extensive, making it convenient for locals who want to maintain an active lifestyle. In summary, if you're seeking a gym that emphasizes community, cleanliness, and personal growth, look no further than Foundation Fitness of Cleveland Park. With a variety of classes, excellent equipment, and a welcoming atmosphere, it's a hidden gem that you don't want to miss. Join today and experience the difference!

You will find us at

3525 Connecticut Ave NW, 20008 Washington, District of Columbia - United States (US)

The phone number of the mentioned **Gym** is +1202-537-0539

And if you want to send a WhatsApp, you can do so at +1202-537-0539

Our public attention hours are:

Day	Hours
Monday	5?AM–10?PM
Tuesday	5?AM–10?PM
Wednesday	5?AM–10?PM
Thursday	5?AM–10?PM
Friday	5?AM–8?PM
Saturday	5?AM–8?PM
Sunday	5?AM–10?PM

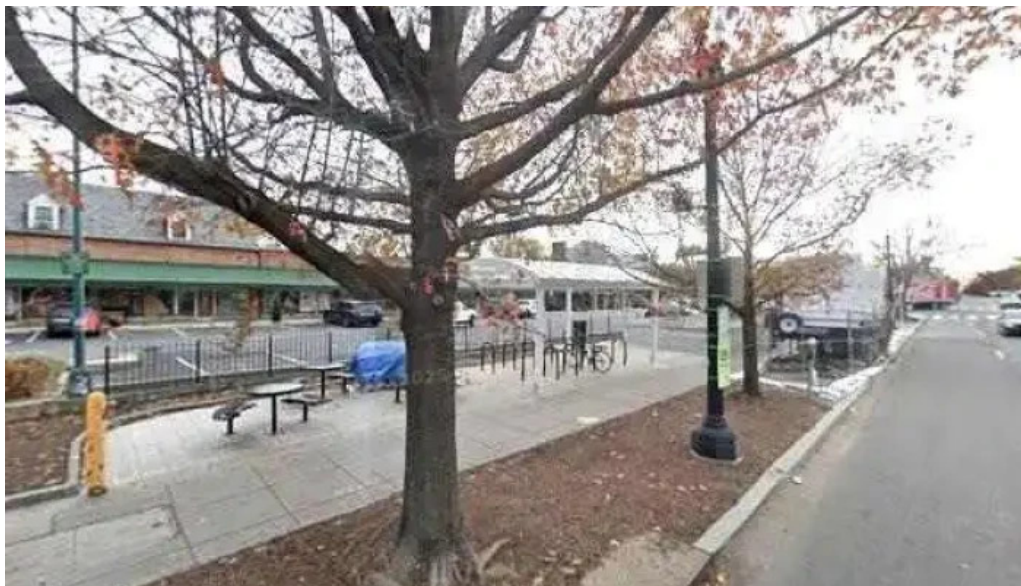
The website is Foundation Fitness of Cleveland Park

If you wish to update any data that you feel is not accurate related to this page, we urge you to send us a message so that we will correct it as soon as possible. Thanks beforehand we appreciate it.

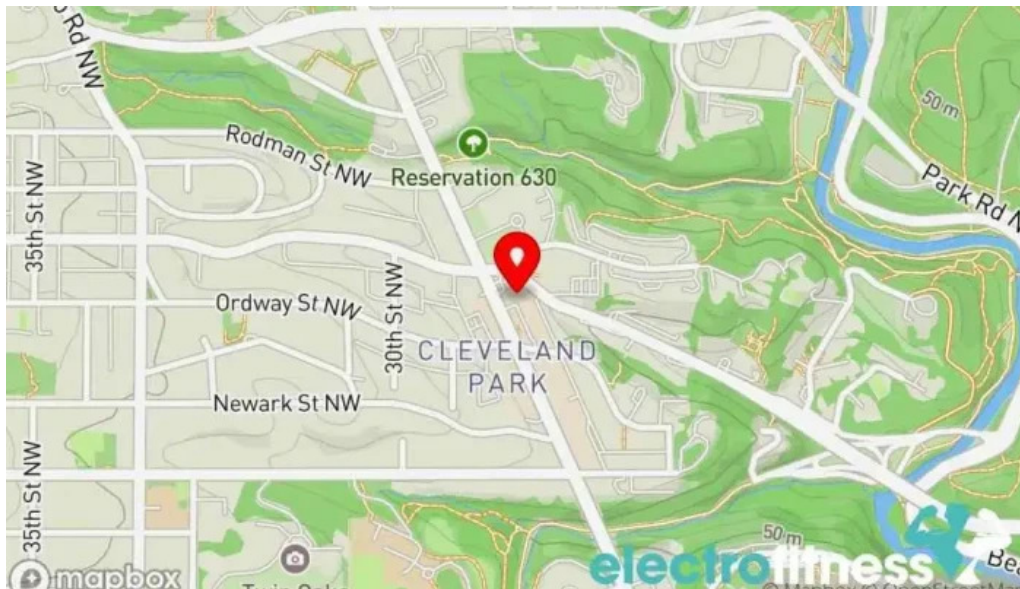
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Tags

Identifies as veteran-owned, Identifies as women-owned, Online classes, Membership required, From the business, Planning, Wi-Fi, Amenities, On-site services, Service options

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