


Southern Maryland Martial Arts & Fitness /Southern Maryland Nutrition - Bryans Road

bryans road

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Combat Self-Defense

Ages 13 to Adult

JTR (Jigo Tenshin-Ryu) Combat Jujutsu, is a style of jujutsu developed by Dong Jin Kim that reflects the movements of the attacker back upon him or herself. This Jujutsu class lead by Sensei Walker teaches students the basics of JTR Jujutsu that was developed in Japan over the past 400 years. Students learn techniques for self-defense against both empty hand and weapon attacks. It is a very flexible system of self-defense that puts practicality, applicability, and effectiveness into real life situations.



****TRIAL CLASSES****

3 Lessons and school T-Shirt

Only \$29.95

La Plata Only



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Southern Maryland Martial Arts & Fitness /Southern Maryland Nutrition - Bryans Road

Exploring Southern Maryland Martial Arts & Fitness: A Community Hub in Bryans Road

Southern Maryland Martial Arts & Fitness, located in Bryans Road, Maryland, stands out as a thriving community center that emphasizes both fitness and martial arts training. With an emphasis on accessibility and inclusivity, this

facility caters to a diverse clientele.

Accessibility Features of the Facility

One of the notable aspects of Southern Maryland Martial Arts & Fitness is its ****wheelchair-accessible entrance****. This feature ensures that everyone, regardless of mobility limitations, can easily access the gym and participate in activities. The ****wheelchair-accessible car park**** further enhances the accessibility of the location, allowing for a hassle-free experience for all members and visitors.

Facilities and Amenities

While many members appreciate the clean and safe environment, feedback has indicated that some amenities have diminished over time. Although the machines may be a bit dated, they are functional. The bathrooms are consistently kept clean, which contributes to a pleasant experience overall. However, there have been concerns regarding the maintenance of cleanliness, specifically with the carpets and availability of cleaning supplies.

Membership Experiences and Customer Service

Customer experiences at Southern Maryland Martial Arts & Fitness vary considerably. While many praise the friendly staff and the motivation provided in classes, others have expressed frustration regarding membership policies. For instance, some members reported inconsistencies in communication among staff about cancellation policies, highlighting a need for better training and alignment among employees to ensure accurate information is relayed.

Community Involvement and Youth Programs

Southern Maryland Martial Arts & Fitness is not just a gym; it's a place where children can learn valuable skills. Many parents have shared positive experiences about the youth programs, particularly the MMA classes. The instructors' dedication to motivating and inspiring young students creates an environment where children thrive, and their progress is celebrated.

Conclusion: A Valuable Community Resource

Overall, Southern Maryland Martial Arts & Fitness serves as a valuable resource for those in Bryans Road and the surrounding areas. Despite some operational hiccups, its commitment to accessibility, community involvement, and quality fitness programs makes it a worthy choice for martial arts enthusiasts and fitness seekers alike. Whether you're looking to improve your skills or enroll your child in a top-notch martial arts program, this facility has something to offer for everyone.

We are located at

3065 Marshall Hall Rd, 20616 Bryans Road, Maryland - United States (US)

The phone of this **Martial arts school** is +1301-375-9409
And if you want to send a WhatsApp, you can do so at +1301-375-9409

We open at the following schedule:

Day Hours
Monday
8?AM–2?PM
Tuesday
6?AM–9:30?PM
Wednesday
6?AM–9:30?PM
Thursday
6?AM–9:30?PM
Friday
6?AM–9:30?PM
Saturday
6?AM–9?PM
Sunday
8?AM–2?PM

The website is Southern Maryland Martial Arts & Fitness /Southern Maryland Nutrition

If you require to update any element that you feel is incorrect related to this web, we urge you to forward a message so that we will handle it at the earliest convenience. With anticipation thanks.

Images






Southern maryland martial arts fitness southern maryland nutrition street view 360deg



Southern maryland martial arts fitness southern maryland nutrition martial arts school

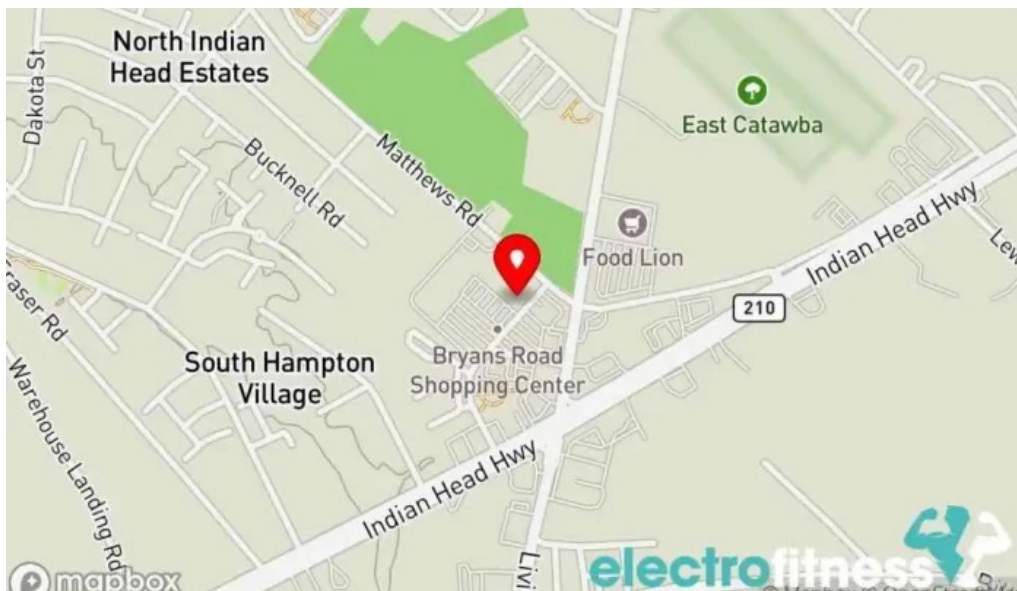
It is a very flexible system of self-defense that puts practicality, applicability, and effectiveness into real life situations.

****TRIAL CLASSES****
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La Plata Only
 Tuesday 7:15 - 8:15 pm
 Thursday 6:30 - 7:30 pm
 Saturday 10:00 - 11:00 am

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Tags

Wheelchair-accessible entrance, Wheelchair-accessible car park, Accessibility

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