

## Bams Martial Arts & Fitness - Laurel

laurel

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*laurel*

### *Bams Martial Arts & Fitness - Laurel*

#### **BAMs Martial Arts & Fitness: A Community of Strength and Accessibility**

BAMs Martial Arts & Fitness, located in Laurel, Maryland, is not just a martial arts school; it is a nurturing community that transforms lives through martial arts training. The school's commitment to personal growth extends beyond physical fitness, emphasizing respect, discipline, and the development of life skills.

#### **Accessibility Matters**

One of the hallmarks of BAMs Martial Arts & Fitness is its focus on **\*\*accessibility\*\*** for all students, regardless of their circumstances. The facility

features a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can participate in the transformative journey that martial arts offers. This commitment to inclusion resonates with parents and students alike, making the school a welcoming space for diverse individuals and families.

## **A Family Atmosphere**

The feedback from students and parents consistently highlights the familial environment at BAMs. One parent shared, "From the very first class, we felt welcomed and supported." This sentiment is echoed by many, who describe the school as more than just a dojo—it's a second home where everyone is encouraged to strive for their best. BAMs fosters a sense of belonging, making it an ideal place for individuals of all ages. Whether it's a young child learning the fundamentals or an adult seeking a challenging workout, each participant is greeted with encouragement and camaraderie.

## **Impressive Instructors and Life Lessons**

At BAMs, the instructors are dedicated professionals who not only teach martial arts techniques but also impart valuable life lessons. The classes are designed to be inclusive, challenging individuals at their own levels while promoting a culture of respect and perseverance. A satisfied parent noted, "They really believe in a well-rounded child, incorporating performance at school and home." This holistic approach ensures that children develop not only as martial artists but also as conscientious individuals.

## **Transformational Experiences**

Many students report profound personal transformations due to their time at BAMs. For instance, one student began her journey seeking weight loss and found a supportive community that went beyond physical fitness. She expressed, "I gained so much more than I expected!" This sentiment is common among attendees, as they discover newfound confidence, discipline, and strength throughout their training. The positive impact is particularly evident in young children's growth. Parents have observed their kids blossoming into respectful and disciplined individuals. One parent shared how their child, who was initially shy, has grown into a confident and assertive young person through his experiences at BAMs.

## **Join the Family at BAMs Martial Arts & Fitness**

In summary, BAMs Martial Arts & Fitness stands out not just for its excellent martial arts training but for its strong community ties and commitment to accessibility. With a **wheelchair-accessible car park** and entrance, the school ensures that everyone can engage in martial arts training, fostering a sense of belonging and empowerment. For anyone looking to improve their physical fitness and personal development, BAMs offers a welcoming environment filled

with encouragement, growth, and respect. Consider joining this vibrant community where martial arts training meets life lessons, and discover how BAMs can enhance your life or that of your loved ones!

**We are situated in**

8101 Sandy Spring Rd #107, 20707 Laurel, Maryland - United States (US)

The contact phone of the mentioned **Martial arts school** is +1301-776-0909  
And if you want to send a WhatsApp, you can do so at +1301-776-0909

**Our opening hours are:**

Day Hours  
Monday  
Closed  
Tuesday  
Closed  
Wednesday  
3-9?PM  
Thursday  
3-9?PM  
Friday  
3-9?PM  
Saturday  
3-9?PM  
Sunday  
3-9?PM

The website is Bams Martial Arts & Fitness

If you require to alter any detail that you think is not correct regarding this page, we urge you to send a message so we can we will handle it at the earliest convenience. In advance thanks for your cooperation.

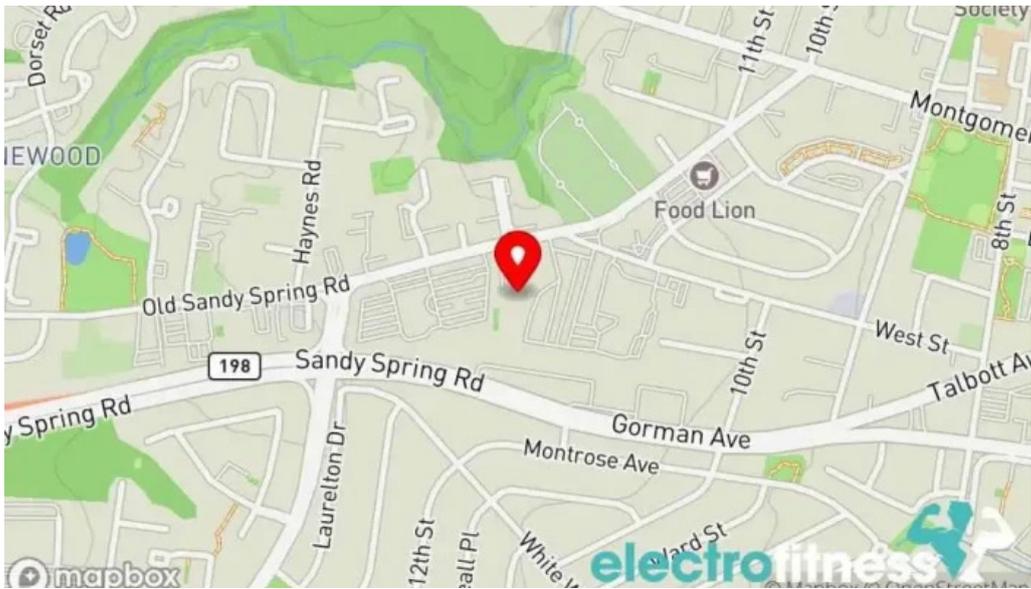
**Images**



*Bams martial arts fitness street view 360deg*



*Bams martial arts fitness martial arts school*



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## Tags

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

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boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
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convenience store
counselor
country club
coworking space
dance school
day spa
dollar store
elementary school
exercise equipment store
firearms academy
fitness
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food producer
golf club
golf course
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grocery store
gym
gymnastics center
hair salon
health consultant

health food restaurant
health spa
hiking area
hospital
hotel
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jujitsu school
karate club
karate school
kennel
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kinesiologist
kinesiotherapist
martial arts club
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massage therapist
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non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic

sports school
summer camp organizer
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization