

## Maxed Out Fitness - Annapolis

annapolis

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## *Maxed Out Fitness - Annapolis*

### **Maxed Out Fitness: Empowering Women in Annapolis**

Located in the heart of Annapolis, Maryland, **Maxed Out Fitness** stands out as a proudly **women-owned** gym. This boutique fitness center is dedicated to personal training, providing an atmosphere that feels more like a family than a typical gym.

### **From the Business: Personalized Training Experience**

At Maxed Out Fitness, an **appointment is required** for personal training sessions, ensuring that each client receives the attention and care they deserve. Many clients have found this structure beneficial; it allows trainers to tailor workouts to individual needs and goals. Appointments are recommended to secure your spot with one of their exceptional trainers who specialize in creating personalized programs that deliver results.

## **Accessibility at Maxed Out Fitness**

Understanding the importance of accessibility, Maxed Out Fitness features a **wheelchair-accessible car park** and **wheelchair-accessible toilets**. This commitment to inclusivity ensures that everyone can comfortably engage in their fitness journey.

## **Amenities and On-Site Services**

The facility boasts top-notch amenities, fostering a welcoming and clean environment. Clients praise the bright space filled with natural light, which contributes to a positive workout experience. Additionally, the **on-site services** include personal training, boot camps, and group classes that cater to various fitness levels.

## **Community Atmosphere: More Than Just a Gym**

Many members describe Maxed Out Fitness as a supportive community where friendships flourish alongside fitness goals. As one satisfied client noted, "It's not just another gym; it's a family." This sense of belonging motivates individuals to return time and again, making workouts enjoyable rather than a chore.

## **Expert Trainers Dedicated to Your Success**

The team at Maxed Out Fitness, led by owner **Ashley**, is comprised of knowledgeable trainers who truly care about their clients. They focus on individualized attention, adapting each session to meet a client's unique needs, whether recovering from surgery or overcoming mental health challenges related to fitness.

Trainers like Robbie and Garrett have transformed many clients' lives, helping them to manage stress, build confidence, and achieve measurable results. With their guidance, individuals feel empowered to push through personal limitations and reach new heights in their fitness journey.

## **Join the Transformation at Maxed Out Fitness!**

If you're looking for a gym that prioritizes personal attention, fosters a

welcoming environment, and offers expert training, look no further than Maxed Out Fitness in Annapolis. Whether you're just starting your fitness journey or seeking to elevate your routine, appointments are available to help you maximize your potential.

Contact Maxed Out Fitness today to schedule your personalized assessment and take the first step towards achieving your fitness goals!

### **We are situated in**

1833 George Ave Suite 2, 21401 Annapolis, Maryland - United States (US)

The phone of the respective **Personal trainer** is +1443-871-2486

And if you want to send a WhatsApp, you can do so at +1443-871-2486

### **We look forward to seeing you at:**

Day	Hours
Monday	Closed
Tuesday	6?AM–6?PM
Wednesday	6?AM–6?PM
Thursday	6?AM–6?PM
Friday	6?AM–6?PM
Saturday	6?AM–2?PM
Sunday	9–11?AM

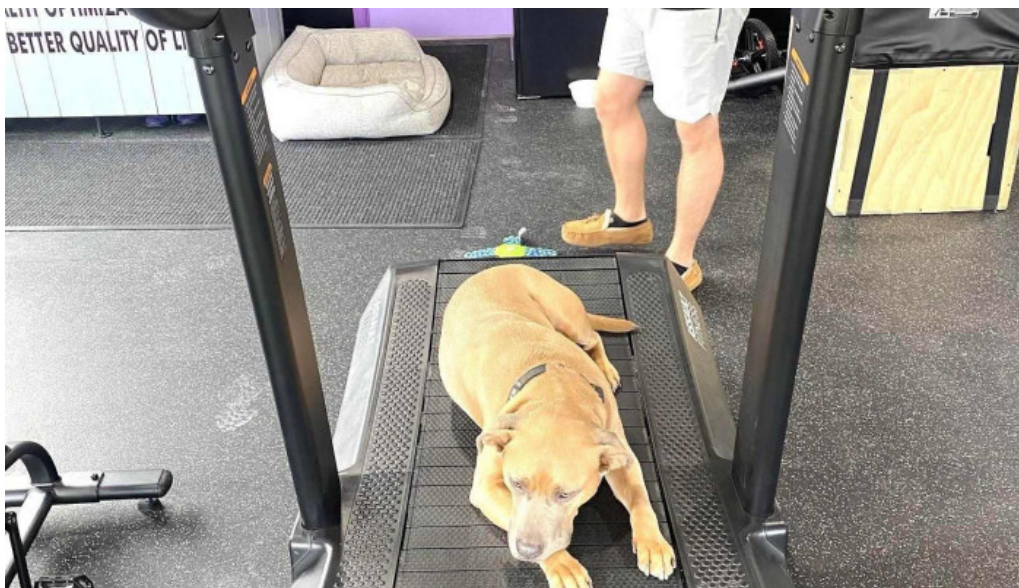
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## **Images**



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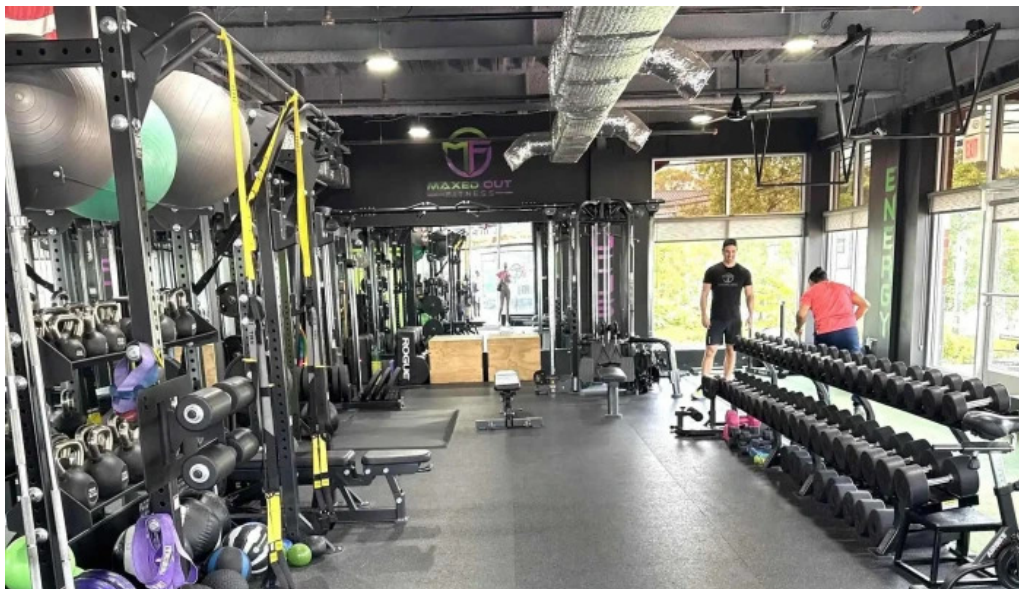
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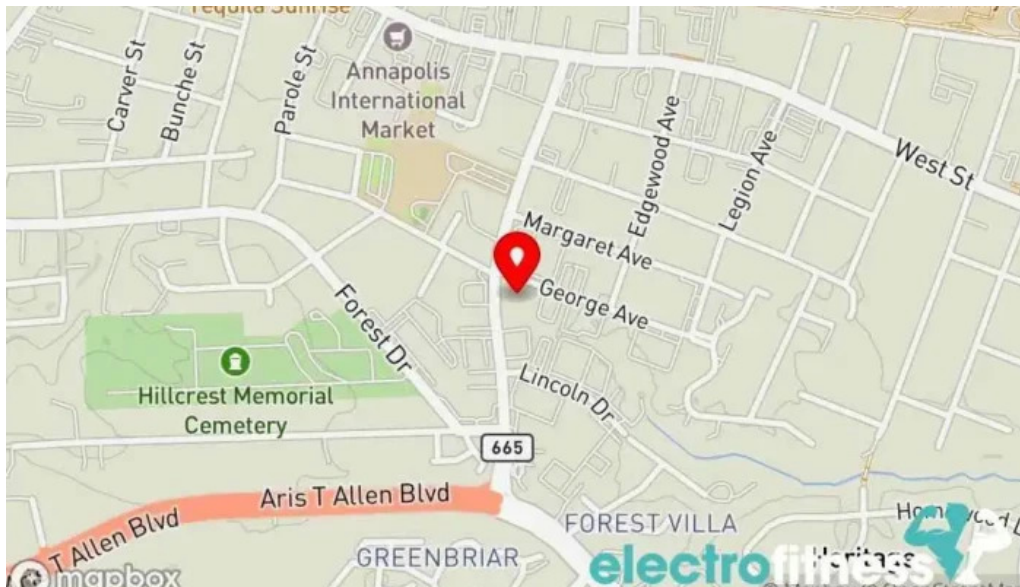
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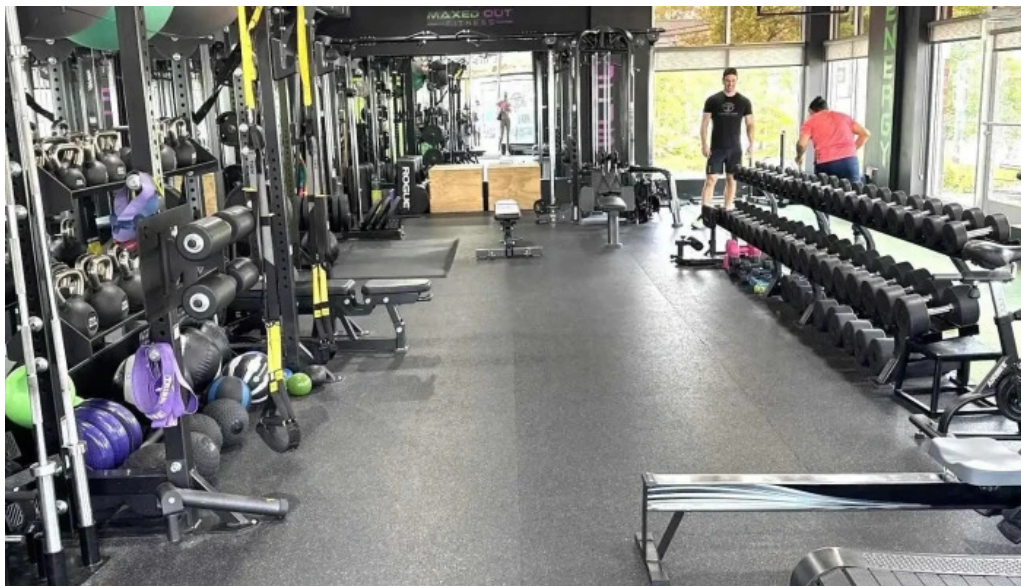
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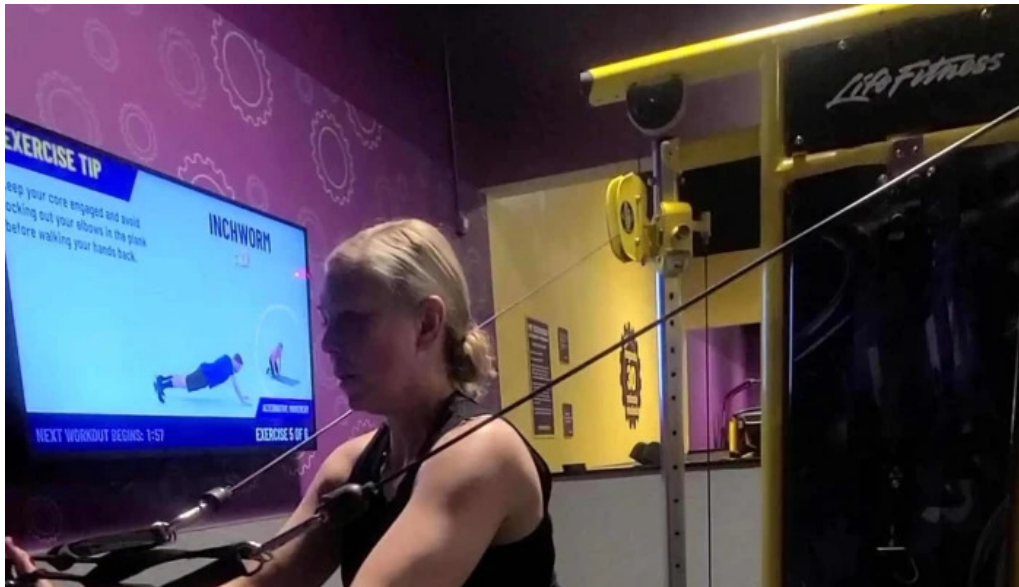
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## Tags

*Accessibility, From the business, Wheelchair-accessible toilet, Planning, Identifies as women-owned, Service options, Toilet, Appointments recommended, On-site services, Appointment required, Amenities, Wheelchair-accessible car park*

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athletic track
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basketball court
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beer store
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boxing gym
boxing ring
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chiropractor
church
club
coffee shop
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community center
community college
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
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disc golf course
discount store
dive shop
doctor
dollar store
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electric utility company
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golf instructor
grocery store
gun club
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gymnastics center
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indoor cycling
indoor golf course
indoor lodging
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karate club
karate school
kennel
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kinesiotherapist
martial arts club
martial arts school
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massage therapist
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women's personal trainer
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