

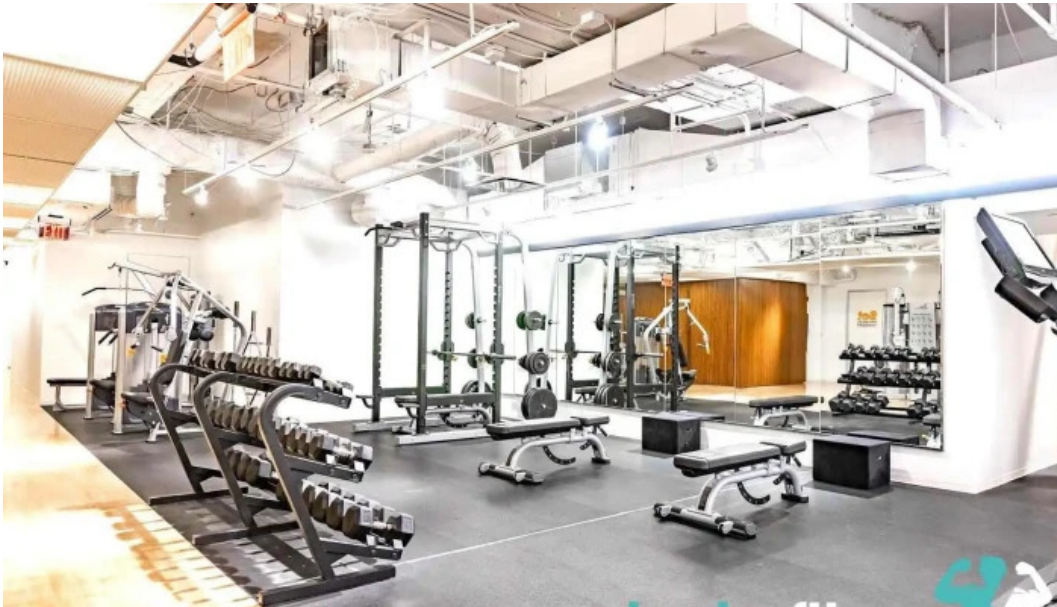
1to1 Fitness - 13th Street Northwest - Washington

washington

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1to1 Fitness - 13th Street Northwest - Washington

Discovering 1TO1 Fitness: Your Personal Training Haven in Washington, DC

Located at 13th Street Northwest, ****1TO1 Fitness**** stands out in the bustling fitness landscape of Washington, D.C. This personal training studio is known for its unique approach to health and fitness, making it a top choice for individuals seeking personalized guidance.

Service Options Tailored Just for You

At **1TO1 Fitness**, the emphasis is on personalized training programs that cater to individual needs. Clients appreciate that trainers are not only knowledgeable but also adept at tailoring workouts based on their current physical condition. As one long-time member noted, "My workouts are tailored to me and adjusted as needed." This level of customization ensures that every exercise session is effective and engaging, allowing clients to achieve their fitness goals efficiently.

Accessibility for Everyone

Accessibility is a core value at **1TO1 Fitness**. The studio features a **wheelchair-accessible toilet** and facilities that accommodate a diverse clientele. Whether you are new to fitness or a seasoned athlete, you will find a welcoming environment that fosters a sense of belonging. As highlighted by a satisfied client, "There are people of all ages and skill sets," creating a community where individuals can thrive together.

Appointment Required for Personalized Attention

To provide the best experience possible, **appointments are required** at **1TO1 Fitness**. This policy allows trainers to dedicate their time and resources to each client, ensuring focused attention during workouts. With efficient scheduling practices, the staff understands the busy lives of their clients and offers flexibility for cancellations or rescheduling.

On-site Services and Amenities

The studio provides exceptional **on-site services**, including well-stocked locker rooms and a clean, inviting atmosphere. Clients rave about the impeccable facilities and the professional environment. From strength training to injury prevention, trainers like Jason, Andrew, and Sabrina are dedicated to creating effective workout plans that promote long-term health.

Online Classes: Staying Connected During COVID-19

In response to the pandemic, **1TO1 Fitness** adapted by offering **online classes** via Zoom. This initiative allowed clients to maintain their fitness routines from the safety of their homes while still receiving high-quality training. As one member stated, "My workouts have continued via Zoom during the COVID pandemic and continued to be of the highest quality."

Planning for Success

Clients at **1TO1 Fitness** benefit from a structured **planning** process. Trainers conduct evaluations to create tailored programs, continually adjusting them to meet evolving fitness goals. This thoughtful approach keeps workouts challenging and prevents boredom, ensuring sustained engagement in personal fitness journeys.

Join the Family at 1TO1 Fitness

With an emphasis on building relationships, many clients feel that the trainers become friends. One long-term member expressed appreciation for the caring nature of the staff, stating, "Best part is liking the staff as the decent, caring people that they are." This sense of community enhances the overall experience, making fitness not just a task, but a lifestyle choice.

Conclusion

For those seeking a supportive and professional personal training environment, ****1TO1 Fitness**** is a premier destination in Washington, D.C. With personalized service options, a commitment to accessibility, and a focus on client satisfaction, it's easy to see why so many choose to make ****1TO1 Fitness**** their home for health and wellness. Whether you're interested in one-on-one training or online classes, this studio has the resources to help you succeed in your fitness journey.

We are based in

555 13th St NW, 20004 Washington, District of Columbia - United States (US)

The phone of the respective **Personal trainer** is +1202-869-2469
And if you want to send a WhatsApp, you can do so at +1202-869-2469

Our opening hours are:

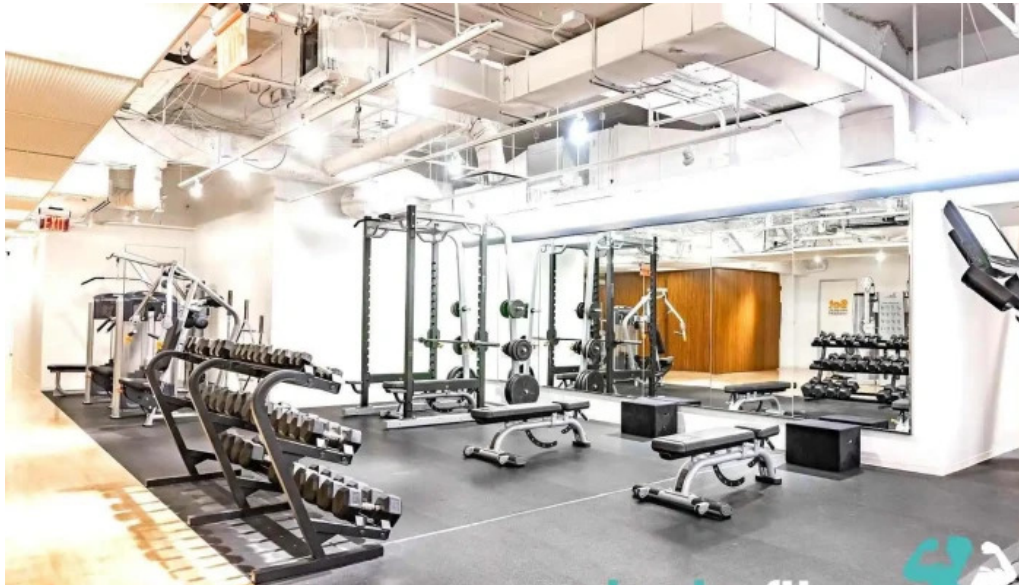
Day Hours
Monday
5:30?AM–9?PM
Tuesday
5:30?AM–9?PM
Wednesday
5:30?AM–9?PM
Thursday
5:30?AM–9?PM
Friday
10?AM–3?PM
Saturday
Closed
Sunday
5:30?AM–9?PM

The website is 1TO1 FITNESS - 13th Street Northwest

If you need to change any element that you believe is not correct concerning this portal, we ask send a message and we will handle it quickly. In advance

thank you very much.

Images



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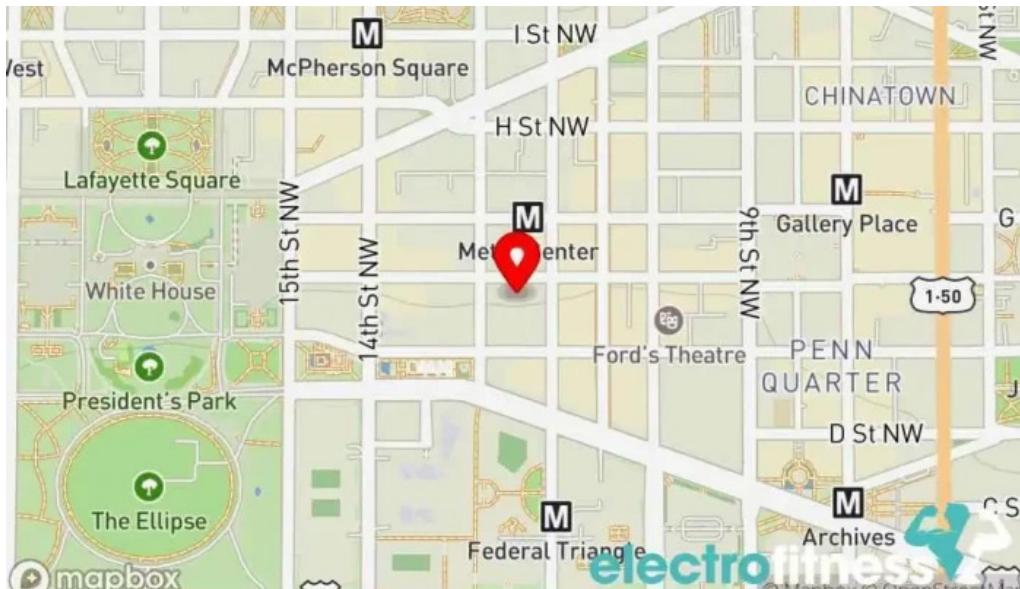
1to1 fitness 13th street northwest training



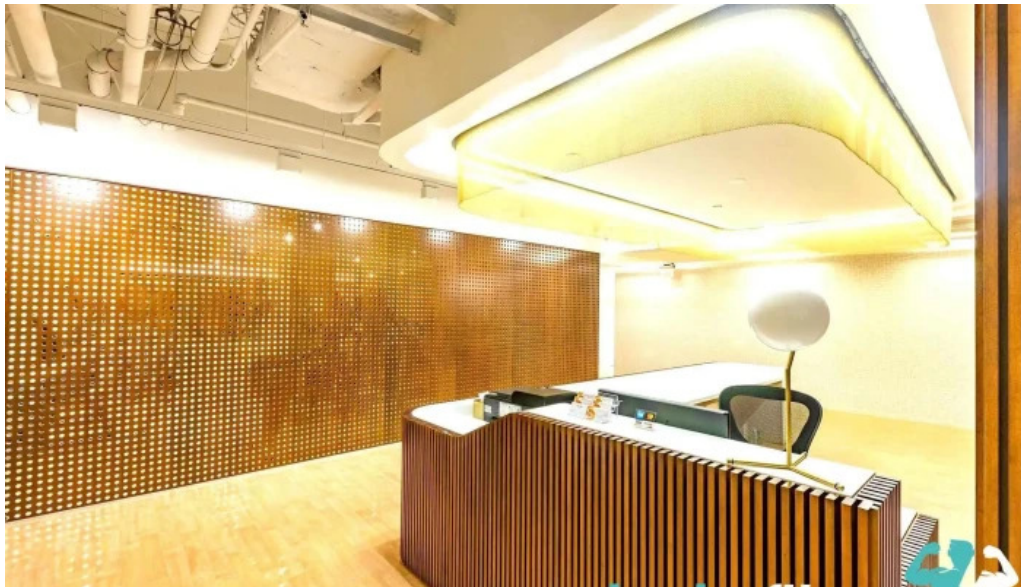
1to1 fitness 13th street northwest street view 360deg



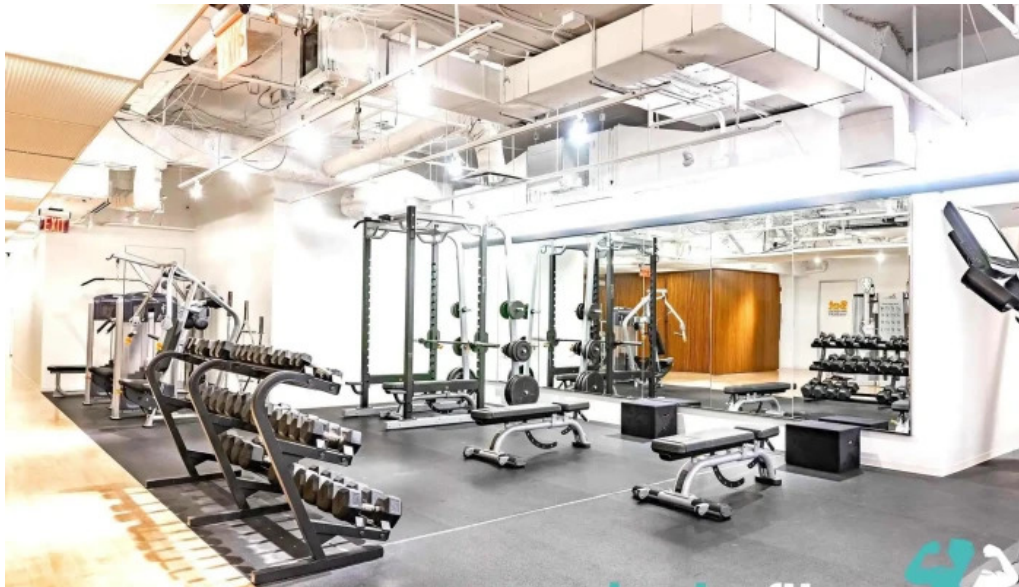
1to1 fitness 13th street northwest physical fitness



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Tags

Toilet, On-site services, Wheelchair-accessible toilet, Accessibility, Appointment required, Service options, Online classes, Planning, Amenities

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