

Derrick Inglut Personal Training | Dc - Washington

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Derrick Inglut Personal Training: Transforming Lives in Washington, DC

If you're looking for a personal trainer in Washington, District of Columbia, look no further than **Derrick Inglut Personal Training**. Derrick has built a reputation not only as a highly effective trainer but also as an individual who genuinely cares about the well-being and success of his clients.

From the Business: Focused on You

At Derrick Inglut Personal Training, the focus is on personalized fitness plans. Derrick starts with a thorough consultation to understand your goals, dietary restrictions, and lifestyle habits. This ensures that every client receives a tailored fitness and diet plan that meets their unique needs.

On-site Services and Accessibility

Understanding the importance of accessibility, Derrick's training facility features **wheelchair-accessible entrances** and **wheelchair-accessible toilets**, making it inclusive for all clients. Additionally, there are **gender-neutral toilets** available, demonstrating a commitment to creating a **LGBTQ+ friendly** environment.

A Commitment to Inclusivity

Derrick's space is known to be a **transgender safe space**, ensuring that all clients feel comfortable while they focus on their fitness journeys. The facility is designed to accommodate a variety of needs, establishing an environment where everyone can thrive.

Amenities That Matter

The training environment at Derrick Inglut Personal Training is equipped with various amenities. Clients rave about the mix of equipment and the small, intimate crowd that allows for focused training. The **wheelchair-accessible entrance** and **toilets** are just the start; the real highlight is the personalized attention each client receives during their sessions.

Planning and Appointments

At Derrick Inglut Personal Training, **appointments are required**, and booking in advance is highly recommended. This ensures that Derrick can dedicate the necessary time and resources to each individual client, maximizing their results. His approach involves regular check-ins, weekly weigh-ins, and body fat measurements to keep you accountable on your journey to success.

Online Classes for Flexibility

Derrick also offers **online classes** for those who prefer working out from home or are traveling. This flexibility allows clients to engage with their fitness regimen regardless of their location, maintaining progress even outside the gym.

Veteran-Owned Excellence

Derrick identifies as a veteran-owned business, which adds an extra layer of dedication and discipline to his training methodology. Clients have commented on his unique ability to motivate and inspire, guiding them through challenging workouts while keeping things engaging and fun.

Client Testimonials Speak Volumes

The reviews from satisfied clients tell the story of life-changing results. From weight loss to improved muscle mass, Derrick's personalized approach has garnered numerous positive testimonials:

M. Marcel Diaz states how Derrick helped him shift his mindset and achieve incredible results. Another client noted, "Derrick is a fantastic trainer! He sets realistic goals and checks in regularly on my progress." One satisfied client emphasized, "Derrick has transformed my approach to health and fitness. I now enjoy working out!"

Why Choose Derrick?

Derrick Inglut Personal Training stands out due to its personalized care, inclusivity, and dedication to client success. Whether you're a fitness newbie or looking to refine your routine, Derrick provides the structure and motivation needed to achieve your goals. His exceptional knowledge of fitness, nutrition, and individual client needs creates a holistic program that is both sustainable and effective.

In conclusion, if you're in the Washington, DC area and are ready to take your fitness journey to the next level, consider reaching out to **Derrick Inglut Personal Training** to book your appointment today!

Our business is located at

1150 18th St NW #130, 20036 Washington, District of Columbia - United States (US)

The phone of the respective **Personal trainer** is +1571-228-6277

And if you want to send a WhatsApp, you can do so at +1571-228-6277

We are open during the following hours:

Day Hours
Monday

7?AM-9?PM

Tuesday

7?AM-9?PM

Wednesday
7?AM–9?PM
Thursday
7?AM–8?PM
Friday
9?AM–12?PM
Saturday
Closed
Sunday
7?AM–9?PM

The website is [Derrick Inglut Personal Training | DC](#)

If you need to change any detail that you feel is not precise concerning this portal, please send a message so that we will handle it at the earliest convenience. Thanks beforehand thanks for your cooperation.

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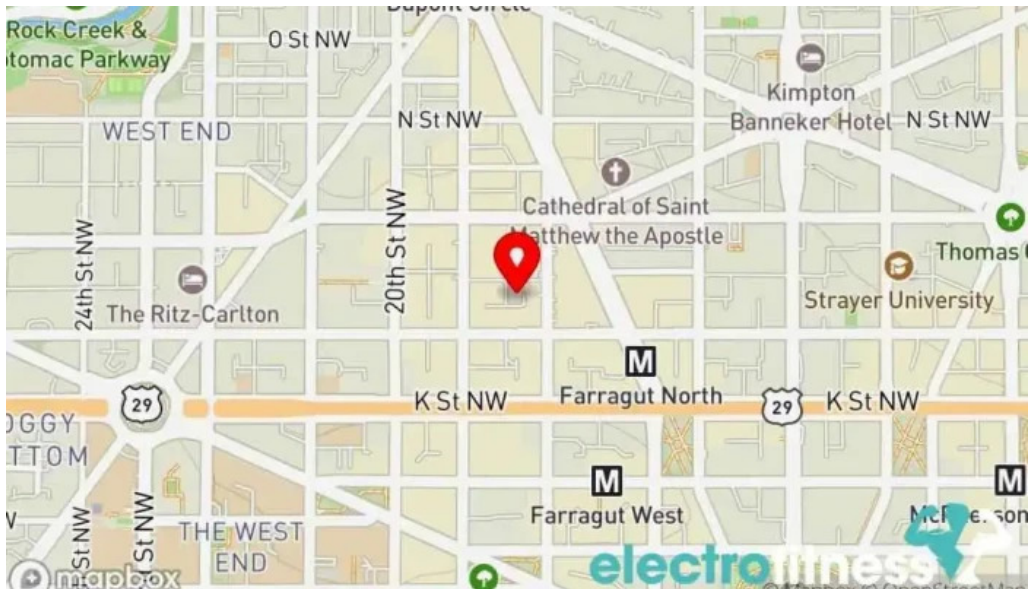
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Tags

Toilet, From the business, On-site services, Identifies as veteran-owned, Appointment required, Crowd, Gender-neutral toilets, Wheelchair-accessible toilet, Accessibility, Online classes, Wheelchair-accessible entrance, Appointments recommended, Planning, Amenities, Service options, LGBTQ+ friendly, Transgender safe space

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