

## Foundation Fitness of The Palisades - Washington

washington

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## *Foundation Fitness of The Palisades - Washington*

### **Foundation Fitness of The Palisades: Your Personalized Training Experience in Washington D.C.**

If you're looking for an exceptional personal training experience in Washington, D.C., **Foundation Fitness of The Palisades** should be at the top of your list. Conveniently located in a welcoming environment, this gym offers a range of **on-site services** designed to help you achieve your fitness goals. With a focus on personalized training and comprehensive wellness, you'll find everything you

need to thrive.

## **Exceptional Trainers and Tailored Workouts**

At Foundation Fitness, you'll work with dedicated trainers like **Michaela** and **Kimior**, who are known for their expertise and motivational styles. As one client notes, "Michaela is a gem! She keeps each session different and engaging." This emphasis on variety ensures that workouts remain challenging and enjoyable, keeping you accountable and motivated.

## **Flexibility in Scheduling and Planning**

The gym understands the importance of flexibility when it comes to your fitness journey. Appointments are highly recommended, allowing trainers to tailor sessions to fit your individual needs and goals. Whether you're juggling a busy schedule or navigating personal commitments, the staff accommodates your planning seamlessly.

## **Online Classes and Comprehensive Service Options**

In addition to **on-site services**, Foundation Fitness offers **online classes** for those who prefer a home workout. This provides a perfect solution for anyone who finds it challenging to make it to the gym regularly. You can engage with the same quality training from the comfort of your own home, maintaining consistency in your fitness journey.

## **Well-Equipped Facilities and Amenities**

Foundation Fitness prides itself on maintaining a pristine facility. Clients appreciate the cleanliness of the gym and its well-maintained equipment, which includes weights, resistance bands, and more. With **toilet amenities** available, your comfort is a priority, making it easy to fit workouts into your day without hassle.

## **Community Support and a Welcoming Atmosphere**

The atmosphere at Foundation Fitness is another reason clients love coming here. With a community of encouraging trainers and fellow gym-goers, you'll feel right at home no matter your fitness level. As one member puts it, "Everyone is friendly and professional, and Michaela is the best!!!" This sense of belonging fosters motivation and connection, essential elements in any fitness journey.

## **Conclusion**

Foundation Fitness of The Palisades offers much more than just a place to exercise. With personalized attention, flexible scheduling, online options, and a welcoming community, it is truly a place where fitness thrives. If you're in Washington, D.C., take the step towards a healthier you by checking out Foundation Fitness today!

### You can find us in

5185 MacArthur Blvd #B102, 20016 Washington, District of Columbia - United States (US)

The contact phone of the mentioned **Personal trainer** is +1202-506-4999

And if you want to send a WhatsApp, you can do so at +1202-506-4999

### We are open during the following hours:

Day	Hours
Monday	5?AM–10?PM
Tuesday	5?AM–10?PM
Wednesday	5?AM–10?PM
Thursday	5?AM–10?PM
Friday	8?AM–2?PM
Saturday	12–6?PM
Sunday	5?AM–10?PM

The website is Foundation Fitness of The Palisades

If you wish to adjust any detail that you feel is incorrect related to this portal, we ask send a message so that we will correct it promptly. Thanks beforehand thanks.

## Images



*Foundation fitness of the palisades washington*



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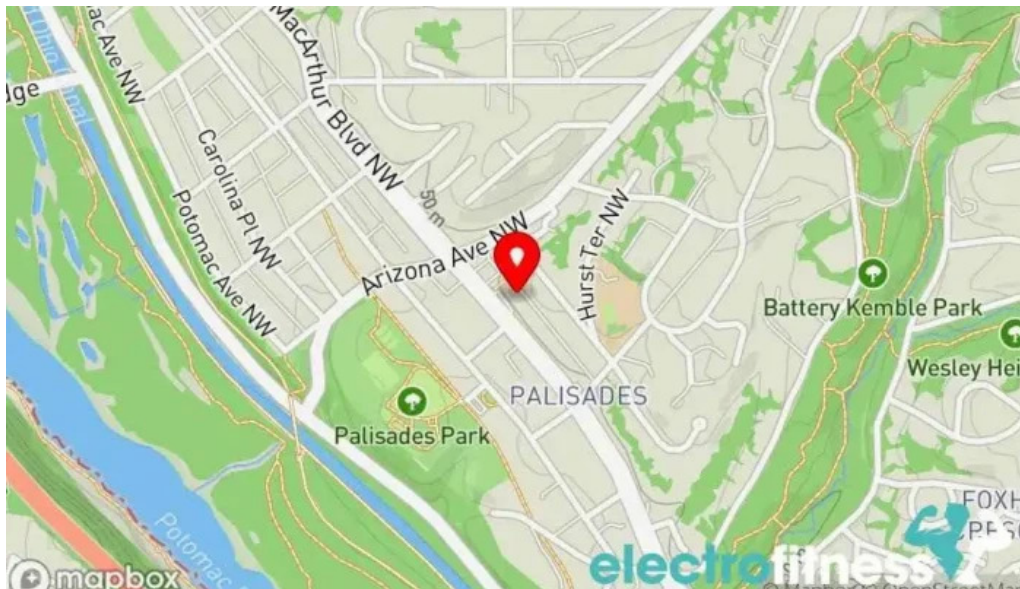


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## Tags

*Planning, On-site services, Online classes, Appointments recommended, Toilet, Service options, Amenities*

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## Washington

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day spa
dollar store
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exercise equipment store
firearms academy
fitness



fitness center
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
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indoor cycling
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karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
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physical therapist
physical therapy clinic
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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
supermarket
swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weightlifting area
wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization