

TeamNewby Fitness - Washington

washington

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washington

TeamNewby Fitness - Washington

Discover the Best Personal Trainer at TeamNewby Fitness in Washington, D.C.

If you're searching for a transformative fitness experience, look no further than ****TeamNewby Fitness****. Located in Washington, D.C., this gym is well-known for its exceptional personal trainer, Greg Newby, who has garnered a multitude of positive reviews from clients who have seen remarkable results.

Planning Your Fitness Journey

A successful fitness journey begins with ****planning****. At TeamNewby Fitness, Greg takes the time to understand each client's goals, preferences, and any potential injuries. His personalized approach helps determine the best path for weight loss, strength training, or skill improvement in boxing. Clients appreciate how he tailors workouts based on their unique needs, ensuring that every session is both effective and enjoyable.

Amenities That Enhance Your Experience

TeamNewby Fitness offers a welcoming environment complete with modern ****amenities**** designed to enhance your training experience. From flexible scheduling options to engaging group classes, the atmosphere fosters support and camaraderie among members. Clients often mention how the facility's cleanliness and organization contribute to a positive workout experience.

The Importance of Appointments

While TeamNewby Fitness welcomes walk-ins, ****appointments are recommended**** to ensure you receive the individual attention that sets this gym apart. Greg's training sessions are known for their high-energy and personalized structure, making early planning essential to secure your spot. The one-on-one sessions allow for detailed feedback and modifications tailored to your fitness level.

Why Choose TeamNewby Fitness?

Greg's expertise shines through in the countless testimonials from satisfied clients. Many highlight his ability to inspire, motivate, and create an enjoyable workout atmosphere. Whether it's through boxing drills or cardio sessions, his dedication to helping clients achieve their fitness dreams is evident. **### Real Client Experiences** - One client shared, "I left the session feeling empowered, stronger, and excited for my next one," emphasizing the motivation Greg instills within his clients. - Another mentioned, "His workouts are different each day and tailored around my goals and abilities," showcasing the adaptability and personalized focus of each training session. - Clients have noted significant changes in their physiques and attitudes towards fitness, stating, "I lost 20 lbs in two months and regained my self-confidence." With TeamNewby Fitness, you'll not only improve physically but also find a supportive community that encourages your growth. If you are serious about achieving your fitness goals, Greg Newby is the personal trainer you need to get started on the right foot.

Our business is found at

1534 Upshur St NW, 20011 Washington, District of Columbia - United States (US)

The contact line of said **Personal trainer** is +1954-865-8687

And if you want to send a WhatsApp, you can do so at +1954-865-8687

We open at the following schedule:

Day	Hours
Monday	5:30?AM–8?PM
Tuesday	5:30?AM–8?PM
Wednesday	5:30?AM–8?PM
Thursday	5:30?AM–8?PM
Friday	7?AM–12?PM
Saturday	7?AM–10?PM
Sunday	5:30?AM–8?PM

The website is [TeamNewby Fitness](#)

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Images



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Teamnewby fitness training



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Teamnewby fitness professional fitness coach



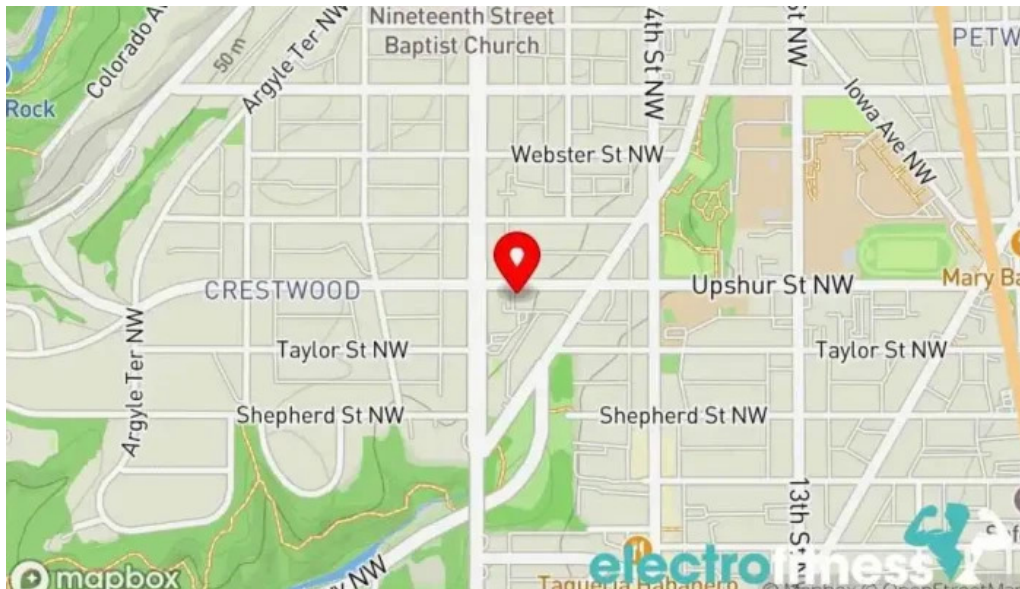
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