

## True 180 Fitness - Washington

washington

☐ I'm not a robot 

Published on: 17/04/25	Hits: 209
Comments: 0	See comments
Votes: 19	Score: 5

[https://www.electrofitness.com/personal-trainer/washington/true-180-fitness-washington\\_208503.php](https://www.electrofitness.com/personal-trainer/washington/true-180-fitness-washington_208503.php)



*washington*

## *True 180 Fitness - Washington*

### **Discover True 180 Fitness in Washington, DC**

True 180 Fitness, located in the heart of Washington, District of Columbia, is more than just a gym; it's a community dedicated to helping individuals achieve their personal fitness goals. With an array of amenities and a supportive environment, True 180 Fitness stands out as a premier destination for anyone seeking personal training.

### **Amenities That Enhance Your Workout Experience**

At True 180 Fitness, members can benefit from various amenities designed to

enhance their workout experience. The facility is equipped with a range of exercise equipment tailored for different fitness levels, ensuring that everyone can find the right tools to succeed. From cardio machines to free weights, each area is thoughtfully arranged to provide a seamless workout environment. In addition to state-of-the-art equipment, True 180 also emphasizes convenience with essential facilities. The gym features clean and accessible **\*\*toilet\*\*** facilities, ensuring that members have a comfortable space to refresh after a rigorous session. This attention to detail contributes to the welcoming atmosphere that many members rave about.

### **Expert Personal Trainers Committed to Your Success**

One of the standout features of True 180 Fitness is its team of expert personal trainers. Testimonials highlight the exceptional coaching provided by Matt, Josef, Michelle, and Natillie. Members appreciate their personalized attention and commitment to individual health and well-being. Matt has been praised for his ability to motivate and guide clients through their fitness journeys, especially for those recovering from injuries. Members have reported remarkable progress, including improved mobility and strength post-rehabilitation, thanks to his tailored workout programs.

### **A Community Focused on Support and Encouragement**

The atmosphere at True 180 Fitness fosters camaraderie among its members. Reviews frequently mention the supportive nature of both clients and trainers. Newcomers are welcomed into a community where everyone shares the same goal: to improve their health and fitness. This collaborative spirit makes every workout enjoyable and keeps individuals motivated to push through challenges. Members have also appreciated the fact that True 180 Fitness caters to diverse fitness levels and backgrounds. Whether you're a seasoned athlete or just starting your journey, there's a place for you here. The gym offers small group training sessions and individualized plans that ensure everyone feels included and valued.

### **Your Fitness Journey Awaits**

True 180 Fitness is more than just another gym; it's a transformative experience that encourages personal growth and wellness. If you're tired of cookie-cutter gyms and are seeking a more tailored approach to fitness, consider joining this vibrant community. With dedicated trainers, a supportive network, and convenient amenities—including clean toilet facilities—True 180 Fitness is ready to help you achieve your fitness goals. Take the first step towards a healthier you at True 180 Fitness in Washington, DC. Your transformation starts here!

**We are located at**

1070 Thomas Jefferson St NW, 20007 Washington, District of Columbia - United States (US)

The contact line of the respective **Personal trainer** is +1202-316-1457

And if you want to send a WhatsApp, you can do so at +1202-316-1457

### **Our service hours are:**

Day Hours  
Monday  
6?AM–2?PM 4–7?PM  
Tuesday  
Closed  
Wednesday  
6?AM–2?PM 4–7?PM  
Thursday  
6?AM–2?PM  
Friday  
8?AM–2?PM  
Saturday  
Closed  
Sunday  
6?AM–2?PM

The website is True 180 Fitness

If necessary to adjust any information that you feel is not correct regarding this site, we ask forward a message so that we will adjust it promptly. With anticipation we appreciate it.

## **Images**



*True 180 fitness washington*



*True 180 fitness training*

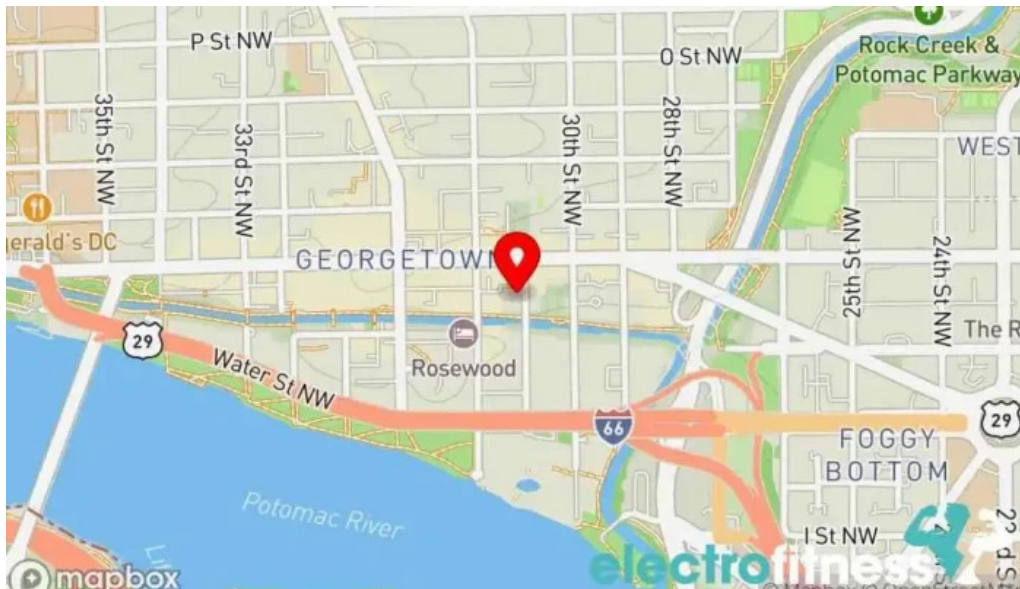




*True 180 fitness street view 360deg*



*True 180 fitness physical fitness*



*True 180 fitness map*



*True 180 fitness by owner*



*True 180 fitness all*

## Tags

*Amenities, Toilet*

## Related content

5.0 *	<i>True Living Fitness Llc - Centennial</i>
4.5 *	<i>Fort Washington Forest Community Center - Fort Washington</i>
4.1 *	<i>Washington St. Gym - Aberdeen</i>
4.5 *	<i>Planet Fitness - Fort Washington</i>
3.9 *	<i>Dold Gymnasium - Washington Township</i>
3.8 *	<i>Black Belt Academy - Fort Washington</i>
5.0 *	<i>Ultimate Fitness Llc - Fort Washington</i>
5.0 *	<i>Brandis Touch Studios - The Integrated Wellness Spa - Fort Washington</i>
5.0 *	<i>2d Fit aka 2d Pole Fit - Fort Washington</i>
4.7 *	<i>CrossFit Grays Harbor - Aberdeen</i>

## Categories

academic department
---------------------

amusement park ride
arena
association / organization
athletic club
bar
basketball club
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
country club
coworking space
dance school
day spa
dollar store
elementary school
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
hotel
indoor cycling
jujitsu school



karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist
meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
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