UBusiness **Name**Bench Gym Personal Training  
 **Business Address**1150 18th Street, NW, #130  
Washington DC 20036

**Phone Number**202-775-9400  
 **Website**[**https://www.benchgym.com/**](https://www.benchgym.com/)

**Description  
As a small business owner and a professional fitness trainer for many years, I always encourage our clients to communicate and give us feedback to better understand their fitness needs so we can provide options. The more we know about our clients, the better we can help them achieve their goals. It's always rewarding to hear clients tell you about their progress, how they are now able to fit again into their favorite dress or jeans and to see their increased self-confidence.**

**Business Hours  
Monday to Friday:** **5:30 am to 9:00 pm** **Saturday** **7:30 am to 5:00 pm Sunday: Closed**

**Category**Personal Training/Personal Trainer

**Keywords**

Personal Trainer  
Personal Training

Personal Training Gym  
Fitness Studio

Fitness Trainer  
Fitness Training

Weight Loss

Strength Training

Nutrition Consulting

Resistance Training