

Evolution Mom Llc - Annandale

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Evolution Mom Llc - Annandale

Welcome to Evolution Mom LLC: A Unique Fitness Center for Women in Annandale, New Jersey

Evolution Mom LLC stands out as a premier fitness center that identifies as women-owned and caters specifically to the needs of moms at every stage. Located conveniently in Annandale, New Jersey, this facility offers ****on-site parking**** and a ****free parking lot****, ensuring that you can focus on your fitness without worrying about where to leave your car.

A Family-Friendly Environment

At Evolution Mom, children are not just welcomed – they are encouraged! The gym is designed to be ****good for kids****, with a ****wheelchair-accessible car park**** and amenities that allow mothers to bring their little ones along. Many moms appreciate the inclusive atmosphere, where their children can play while they engage in workouts tailored to their unique needs.

Classes for Every Stage of Motherhood

Whether you are attending postpartum classes or participating in the ****Mom Strong**** program, the workouts are perfectly suited for mothers at any stage. Clients have shared their positive experiences, stating how these classes have helped them regain strength after childbirth. One mother noted, "I absolutely love them! They are helping me gain my strength back after having 3 kids in 4 years."

Expert Guidance from Lauren Mandell

Lauren Mandell, the owner and lead instructor, brings her expertise as a physical therapist to every session. With a keen understanding of postpartum needs, Lauren ensures that each workout is customized. As one happy client expressed, "Lauren is AMAZING! She knew exactly what my body needed and made every session focused, encouraging, and super effective."

Accessibility and Amenities

Evolution Mom prioritizes accessibility for all mothers, ensuring a warm and welcoming environment. The center includes ****toilets**** and facilities that cater to the needs of new moms, making it a breeze to manage both working out and motherhood. With ****good amenities**** and services, moms can feel comfortable bringing their babies or toddlers.

A Supportive Community for Moms

One of the most cherished aspects of Evolution Mom is its sense of community. Mothers can connect with others who understand the challenges of postpartum life. The classes create an atmosphere that is free of judgment and filled with support, allowing women to work on their fitness goals together. A satisfied member commented, "The hour flies by like a morning coffee date with friends – all while getting your sweat on!"

Why Choose Evolution Mom?

If you're looking for a fitness center that understands the unique challenges faced by mothers, look no further than Evolution Mom LLC. With its ****accessible**** facilities, supportive community, and expert guidance from Lauren, it's no wonder that so many women recommend this center for their fitness journeys. As one client puts it, "I cannot recommend Evolution Mom enough; it's been so great!" Join the Evolution Mom community today and take the first step towards prioritizing your health and well-being while enjoying a

workout in a nurturing environment.

Our establishment is located at

1465 NJ-31 4th Floor, 08801 Annandale, New Jersey - United States (US)

The phone number of said **Fitness center** is +1908-336-4140

And if you want to send a WhatsApp, you can do so at +1908-336-4140

We look forward to seeing you at:

Day Hours
Monday

8–10?AM

Tuesday

8:30?AM–3?PM

Wednesday

7?AM–3?PM

Thursday

Closed

Friday

7?AM–3?PM

Saturday

Closed

Sunday

Closed

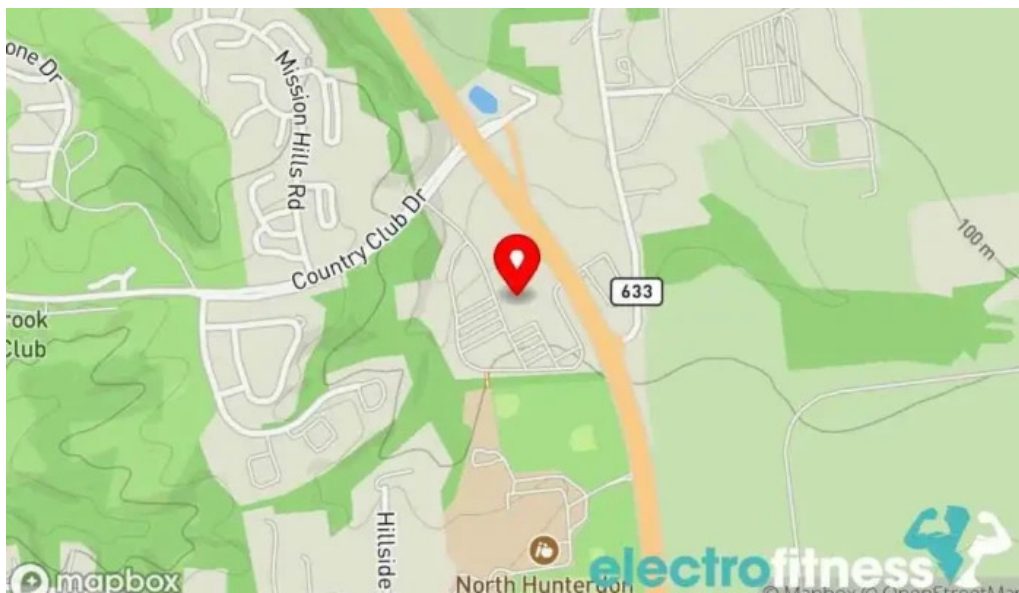
The website is Evolution Mom LLC

If you need to change any information that you believe is not correct related to this portal, please forward a message so that we will correct it at the earliest convenience. Thanks beforehand thanks.

Images



Evolution mom llc videos



Evolution mom llc map

and move well in order to keep up with their daily family demands! Allow me to help you, so you can help everyone else!



Evolution mom llc latest



Evolution mom llc gym



Evolution mom llc by owner



Evolution mom llc annandale



Evolution mom llc all

Tags

Free parking lot, Children, Toilet, On-site parking, Parking, Accessibility, From the business, Identifies as women-owned, Good for kids, Wheelchair-accessible car park, Amenities

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tennis club
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