

Lotus Flow Fitness - Annandale

annandale



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https://www.electrofitness.com/fitness-center/annandale/lotus-flow-fitness-annandale_365216.php



annandale

Lotus Flow Fitness - Annandale

Discover Lotus Flow Fitness: Your Ultimate Fitness Center in Annandale, New Jersey

If you're on the lookout for a transformative fitness experience, look no further than **Lotus Flow Fitness**. Nestled in the heart of Annandale, New Jersey, this fitness center offers a unique blend of physical training and spiritual healing that caters to wellness enthusiasts at every level.

A Unique Healing Experience

One of the standout features of Lotus Flow Fitness is its integration of reiki

sessions alongside traditional fitness classes. As shared by a satisfied client, “**My reiki experience today was so profound!**” This isn't just another wellness session; it's a journey that connects you deeply with your inner self. With facilitators like **Laura**, who is highly regarded for her exceptional skills, clients have reported experiencing profound shifts in their healing process. If you are someone who practices spiritual healing or even new to the concept, Laura's expertise ensures that you will be well-supported in your healing journey.

Exceptional Pilates Classes

Fitness at Lotus Flow Fitness doesn't stop at spiritual healing. The center also offers a range of fitness classes that are both engaging and effective. Clients rave about **Laura's Pilates class**, describing it as amazing, knowledgeable, and patient. Many have found the workouts to be the perfect balance of challenge and enjoyment. “I left feeling stronger and more relaxed,” shared another participant, highlighting the effectiveness of the sessions in not just building strength, but also promoting relaxation and well-being.

Book Your Session Today!

If you're contemplating whether to dive into your own fitness or healing journey, consider this your sign! With a deep commitment to fostering a strong community and individual growth, **Lotus Flow Fitness** stands out as a beacon of wellness in Annandale, New Jersey. Don't miss out on the opportunity to transform your mind and body. Visit Lotus Flow Fitness and experience the magic yourself—book your session now!

Our business is at

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

The phone number of this **Fitness center** is +1908-565-4178

And if you want to send a WhatsApp, you can do so at +1908-565-4178

You can visit us at the following hours:

Day Hours
Monday

Closed

Tuesday

9?AM–3?PM

Wednesday

4:30–8:30?PM

Thursday

4:30–8:30?PM

Friday

4:30–8:30?PM

Saturday

4:30–8:30?PM

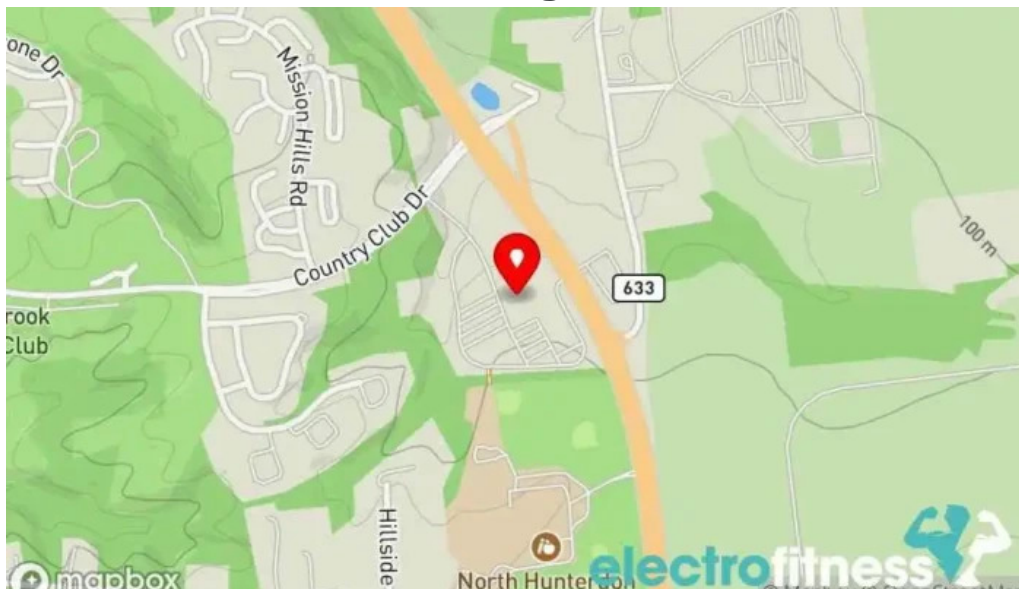
Sunday

8?AM–12?PM

The website is [Lotus Flow Fitness](#)

If you wish to update any data that you feel is incorrect regarding this portal, please forward a message so we can we will handle it at the earliest convenience. Thanks beforehand thanks for your cooperation.

Images



Lotus flow fitness map



Lotus flow fitness annandale



Lotus flow fitness all

Tags

classes, profound, fitness, spiritual, annandale, healing, wellness, exceptional, journey, sessions, experience, session

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5.0 * *Ebb and Flow Yoga - Bath*

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| 4.9 * | <i>Sierra Flow Fitness, Incorporated - Sonora</i> |
| 4.9 * | <i>Okie Flow Fitness Tahlequah - Tahlequah</i> |
| 5.0 * | <i>Gaia Flow Yoga Addison - Addison</i> |
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| acupuncture clinic |
| after school program |
| aikido school |
| amusement center |
| amusement park ride |
| animal feed store |
| apartment building |
| apartment complex |
| aquatic centre |
| arena |
| art gallery |
| assisted living facility |
| association / organization |
| athletic club |
| athletic track |
| auditorium |
| bar |
| barber shop |
| basketball club |
| basketball court |
| batting cage center |
| beauty salon |
| beer store |
| body shaping class |
| boot camp |
| boxing club |
| boxing gym |
| boxing ring |

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| buddhist temple |
| cafe |
| children's party service |
| chiropractor |
| church |
| club |
| coffee shop |
| college |
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| community college |
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| convenience store |
| corporate office |
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| doctor |
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| educational institution |
| electric utility company |
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| exercise equipment store |
| facial spa |
| fertility clinic |
| firearms academy |
| fitness |
| fitness center |
| fitness equipment wholesaler |
| food producer |
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| gated community |
| general hospital |
| golf club |
| golf course |
| golf instructor |
| grocery store |
| gun club |
| gym |
| gymnasium school |
| gymnastics center |
| gymnastics club |
| hair salon |
| health consultant |
| health food restaurant |
| health food store |
| health spa |
| hiking area |
| historical landmark |
| hospital |
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| martial arts club |
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| massage spa |
| massage therapist |
| medical clinic |
| medical group |
| medical spa |
| meditation center |
| metaphysical supply store |
| muay thai boxing gym |

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| non-profit organization |
| nutritionist |
| outdoor clothing and equipment shop |
| outdoor sports store |
| outdoor swimming pool |
| pain control clinic |
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| parkour spot |
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| physical fitness program |
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| pregnancy care center |
| private golf course |
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| public beach |
| public educational institution |
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| self defense school |
| senior citizen center |
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| shopping mall |
| soccer club |
| social club |
| software company |

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| spa |
| spa and health club |
| specialized clinic |
| sporting goods store |
| sports club |
| sports complex |
| sports massage therapist |
| sports medicine clinic |
| sports nutrition store |
| sports school |
| summer camp organizer |
| supermarket |
| swimming facility |
| swimming instructor |
| swimming pool |
| swimming school |
| taekwondo school |
| tanning salon |
| tennis club |
| thrift store |
| tourist attraction |
| trade school |
| training centre |
| truck stop |
| university |
| vitamin & supplements store |
| water park |
| weight loss service |
| weightlifting area |
| wellness center |
| wellness program |
| women's organization |
| women's personal trainer |
| wrestling school |
| yoga instructor |
| yoga studio |
| youth center |
| youth organization |