

Dream Fitness - Englewood

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Dream Fitness - Englewood

Discovering Dream Fitness: A Community-Oriented Fitness Center in Englewood, NJ

Dream Fitness, located in Englewood, New Jersey, stands out as a truly unique fitness center that creates an environment where members feel more like family than just clients. This semi-private gym excels in providing a welcoming and motivating atmosphere, making it the perfect place for anyone looking to achieve their fitness goals.

Accessibility for Everyone

One of the standout features of Dream Fitness is its commitment to accessibility. The facility includes a ****wheelchair-accessible car park**** and ****wheelchair-accessible entrance****, ensuring that everyone can easily access their transformative workouts. This focus on inclusivity means that individuals of all abilities can join the supportive community that Dream Fitness fosters.

On-Site Services Tailored to Your Needs

Dream Fitness offers an array of ****on-site services**** designed to meet the unique needs of its members. With experienced trainers like Eric and Jonathan, every workout is curated to suit individual goals and fitness levels. Whether you prefer personalized training or group sessions, Dream Fitness ensures that you receive the attention and modifications necessary to succeed.

Engaging Online Classes

In addition to its physical offerings, Dream Fitness has adapted to the evolving fitness landscape by providing ****online classes****. This flexibility allows members to engage in their workout routines from the comfort of their homes, making it easier to stay committed to fitness goals regardless of schedule constraints.

Diverse Service Options

The range of ****service options**** at Dream Fitness caters to a variety of fitness preferences. Members can choose from daily structured workouts, including lifting and high-intensity interval training (HIIT), or engage in classes tailored to specific needs. The ability to choose workouts without the pressure of rigid schedules is a huge perk for those who appreciate a more spontaneous approach to fitness.

A Supportive Community

The reviews speak volumes about the community atmosphere at Dream Fitness. Many members highlight the positive energy generated by both trainers and fellow gym-goers. The trainers focus on supporting your journey, providing personalized feedback that encourages both progress and enjoyment. "You'll find yourself not just working out, but actually enjoying it and staying committed," shared a long-time member.

Transformational Experience

Dream Fitness is not just about physical transformation; it's also about mental well-being. Many members have expressed how their time at the gym has led to significant improvements in their self-confidence and overall health. As one member noted, "Dream Fitness truly provides everything you need, from daily routines to customized workouts that suit your individual pace."

Conclusion: Join the Dream Fitness Family

If you're looking for a fitness center that combines personalized training, a

welcoming environment, and a strong sense of community, look no further than Dream Fitness in Englewood, NJ. With accessible facilities, diverse service options, and engaging online classes, there's something for everyone. Your first trial class is free, making it an excellent opportunity to experience the positive impact of Dream Fitness on your life. Come and be a part of this amazing fitness family!

We are positioned at

250c S Van Brunt St, 07631 Englewood, New Jersey - United States (US)

The contact phone of this **Fitness center** is +1201-220-1775

And if you want to send a WhatsApp, you can do so at +1201-220-1775

We are open during the following hours:

Day Hours
Monday

9–11?AM

Tuesday

5:30–11?AM 4–8:30?PM

Wednesday

5:30–11?AM 4–8:30?PM

Thursday

5:30–11?AM 4–8:30?PM

Friday

5:30–11?AM 4–8:30?PM

Saturday

5:30–11?AM 4–8:30?PM

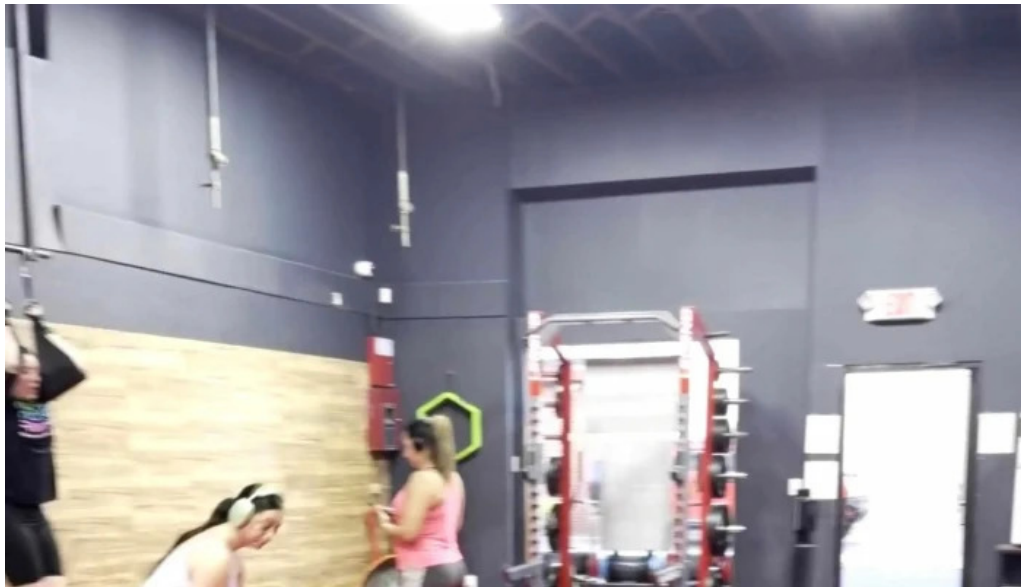
Sunday

9?AM–1?PM

The website is Dream Fitness

If necessary to alter any data that you think is not correct regarding this site, please send a message and we will adjust it as soon as possible. Thanks beforehand we appreciate it.

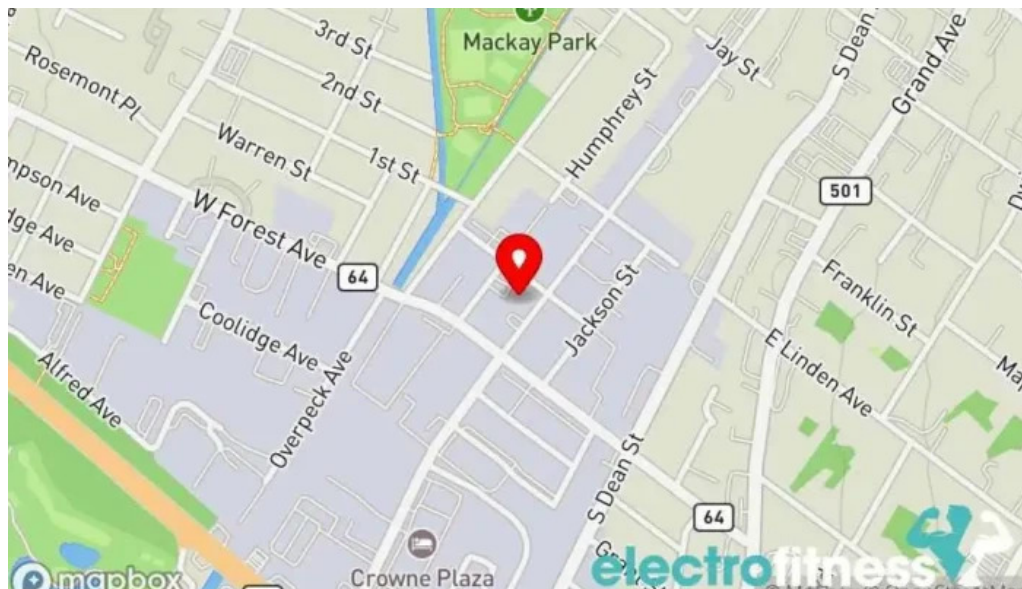
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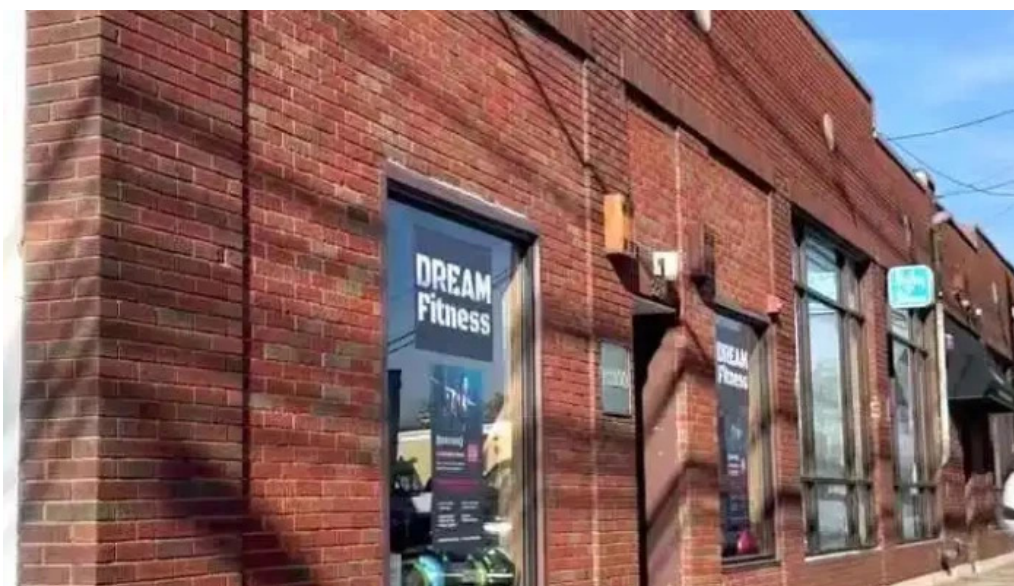
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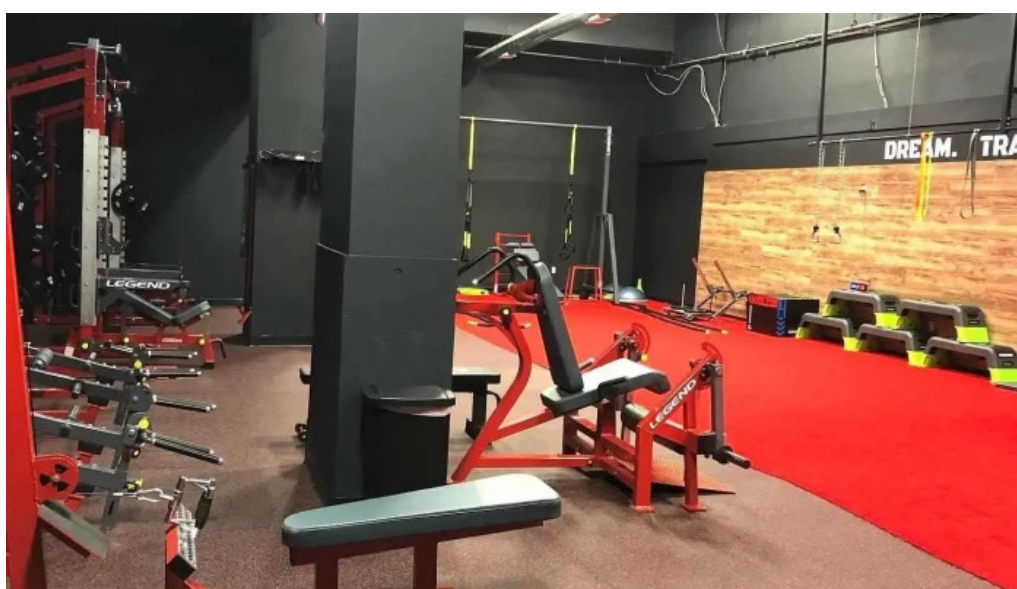
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Tags

Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance, On-site services, Service options, Online classes

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