

## Impact Zone Fitness and Sports Performance - Norwood

norwood

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## *Impact Zone Fitness and Sports Performance - Norwood*

### Welcome to Impact Zone Fitness and Sports Performance

Located in Norwood, New Jersey, **\*\*Impact Zone Fitness and Sports Performance\*\*** offers a comprehensive fitness experience that caters to everyone from beginners to seasoned athletes. This gym is not just about working out; it's a community where individuals come together to achieve their health and fitness goals.

### Amenities That Matter

Impact Zone is equipped with **state-of-the-art facilities** including a variety of strength training machines, free weights, and cardio equipment, ensuring members have everything they need to succeed. The **basketball court** adds an extra layer of fun and competition for those looking to enhance their skills while getting fit. For convenience, the gym features a **wheelchair-accessible entrance** and **car park**, making it an inclusive space for all. Furthermore, cleanliness is a top priority, with staff dedicated to maintaining a spotless environment.

## **Planning Your Fitness Journey**

Whether you're new to fitness or returning after a break, planning is crucial. At Impact Zone, you can explore various **service options**, including personal training, nutrition coaching, and group classes. Many members have found success through programs like Aga's 6-week challenge, which offers personalized plans tailored to individual goals.

## **Service Options for Everyone**

Impact Zone provides a range of **membership plans** designed to suit different needs. A **membership is required** to access these exceptional services, but many find it well worth it for the quality and support received. With trainers who genuinely care about your progress and well-being, you'll feel empowered every step of the way.

## **The Power of Personal Training**

Working with a personal trainer can be a game-changer, and Impact Zone boasts an impressive team of professionals. As described by satisfied clients, trainers like Aga and Danny provide **expert guidance** tailored to individual needs. Their approach not only focuses on physical fitness but also includes nutritional advice, ensuring a holistic path to health. Aga's transformative methods have been highlighted in numerous testimonials, showcasing her ability to help members push beyond their limits in a supportive environment.

## **Community and Accessibility**

The sense of community at Impact Zone is palpable. Members often describe it as a **welcoming atmosphere** where friendships blossom alongside fitness journeys. Accessibility is key, with features ensuring that anyone, regardless of mobility challenges, can engage fully in all activities.

## **On-Site Services and Support**

Impact Zone offers diverse **on-site services**, including nutritional consultations and varied fitness classes, ensuring there's something for everyone. Whether you're looking to participate in high-intensity workouts or focus on strength training, you'll find expert-led sessions designed to motivate and inspire. In conclusion, Impact Zone Fitness and Sports Performance isn't

just a gym—it's a thriving community where individuals can transform their lives through fitness. With incredible amenities, dedicated trainers, and a welcoming atmosphere, it stands as one of the premier fitness destinations in Norwood, New Jersey. Join today and take the first step toward achieving your fitness goals!

### **Our address is**

335 Chestnut St #2001, 07648 Norwood, New Jersey - United States (US)

The contact phone of the respective **Gym** is +1201-775-1025

And if you want to send a WhatsApp, you can do so at +1201-775-1025

### **Visit us during the following hours:**

Day	Hours
Monday	6?AM–8?PM
Tuesday	5?AM–11?PM
Wednesday	5?AM–11?PM
Thursday	5?AM–11?PM
Friday	5?AM–11?PM
Saturday	5?AM–11?PM
Sunday	6?AM–8?PM

The website is Impact Zone Fitness and Sports Performance

If you require to alter any data that you consider is not correct regarding this page, we urge you to send a message and we will handle it at the earliest convenience. In advance thanks.

## **Images**



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*Impact zone fitness and sports performance videos*





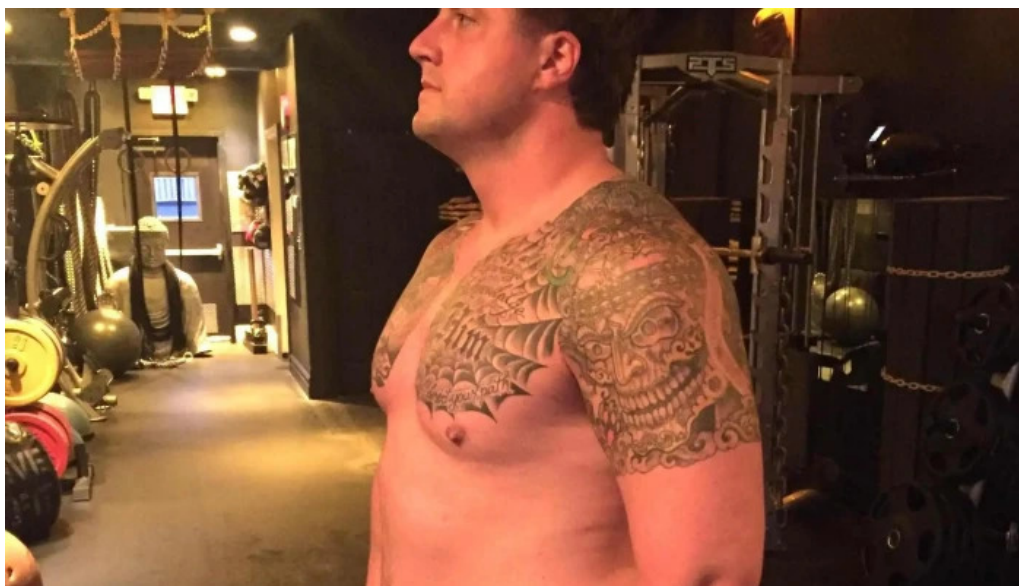
*Impact zone fitness and sports performance street view 360deg*



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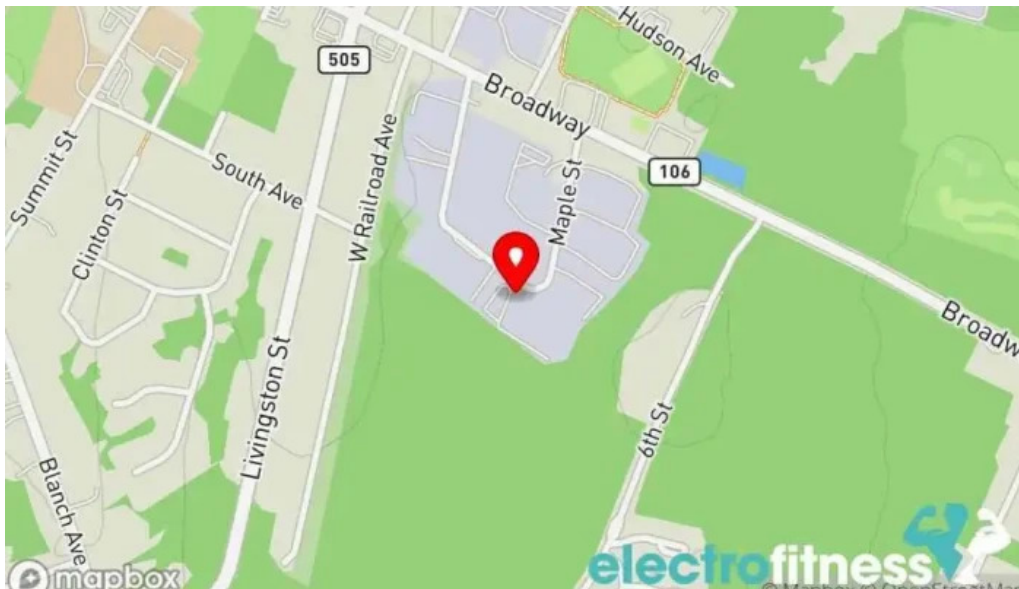




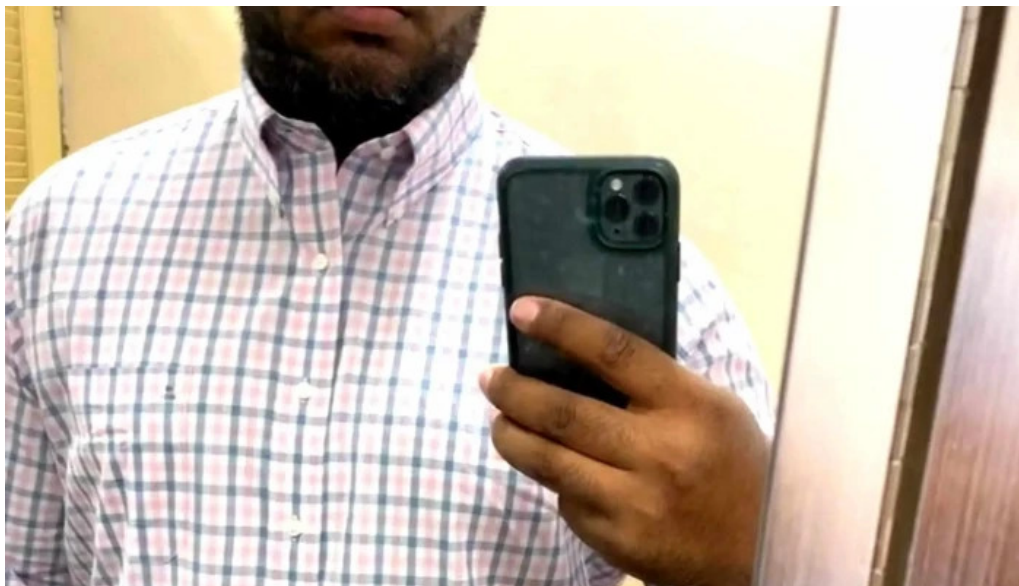
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*Impact zone fitness and sports performance address*

## Tags

*Service options, Accessibility, Basketball court, Planning, Membership required, Amenities, Wheelchair-accessible entrance, Wheelchair-accessible car park, On-site services*

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academic department
acupuncture clinic
after school program
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apartment complex
aquatic centre
arena
art gallery
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop



college
community center
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
disability services and support organization
disc golf course
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
hospital
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indoor cycling
jujitsu school
karate club
karate school
kenel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna

school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
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