

## OnPoint Fitness Studio - Teaneck

teaneck

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teaneck

## OnPoint Fitness Studio - Teaneck

### Welcome to OnPoint Fitness Studio in Teaneck, New Jersey

OnPoint Fitness Studio offers a unique and supportive environment for individuals looking to improve their health and fitness levels. With exceptional trainers and a range of services, it's clear why this studio has become a go-to option for many residents in Teaneck and beyond.

### Accessibility Features

One standout feature of OnPoint Fitness Studio is its **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can enjoy a seamless experience. This

commitment to **accessibility** helps foster an inclusive atmosphere where all members feel welcome.

## **Service Options**

At OnPoint, various **service options** cater to diverse needs. Clients have the opportunity to engage in **on-site services** that include personalized training sessions tailored to individual goals. Clients can also opt for **online classes**, making fitness accessible from the comfort of their homes. For those seeking focused attention, appointments are **required** to ensure a full and personalized experience with the trainers.

## **Personal Training Experience**

Many clients rave about their experience at OnPoint, praising trainers like George and Mercedes for their expertise and dedication. One customer shared their gratitude after finding this studio, especially highlighting how George provided professional guidance tailored to their specific needs. They noted, "He allows me to push to my limit but at the same time watches out for my safety." Another client praised the accommodating nature of the trainers, mentioning bringing small children along while working out, which showcases the family-friendly atmosphere. The staff's willingness to work around busy schedules adds to the appeal of OnPoint Fitness Studio.

## **Training Philosophy**

The emphasis on creating customized workout routines is prevalent across various reviews. Clients comment on the importance of individualized training, stating, "It's about making you the best you possible." Trainers focus on helping individuals achieve specific results, whether it's building strength or losing weight. One review indicated significant progress: "In only two months I feel so much stronger and I have much more energy."

## **Building a Community**

OnPoint Fitness Studio doesn't just provide a gym; it cultivates a community. Reviewers frequently mention the camaraderie among clients and trainers alike. Many families train together, demonstrating the studio's welcoming environment. A customer mentioned, "My wife loves the intensity of Mercedes' trainings, and has lost weight and 2 dress sizes as well."

## **Conclusion**

In summary, OnPoint Fitness Studio stands out not only for its wide range of **on-site services** and **accessibility** features but also for the exceptional training experience that keeps clients engaged and motivated. Whether you're aiming for a fitness overhaul or merely seeking consistent motivation, OnPoint is the place to be. Experience the difference that personalized training can make in your life!

## **We are based in**

409 Cedar Ln, 07666 Teaneck, New Jersey - United States (US)

The contact line of the mentioned **Gym** is +1201-357-5935

And if you want to send a WhatsApp, you can do so at +1201-357-5935

## **We are open during the following hours:**

Day Hours  
Monday

8?AM–4?PM

Tuesday

5:30?AM–9:30?PM

Wednesday

5:30?AM–9:30?PM

Thursday

5:30?AM–9:30?PM

Friday

5:30?AM–9:30?PM

Saturday

5:30?AM–8:30?PM

Sunday

7?AM–3?PM

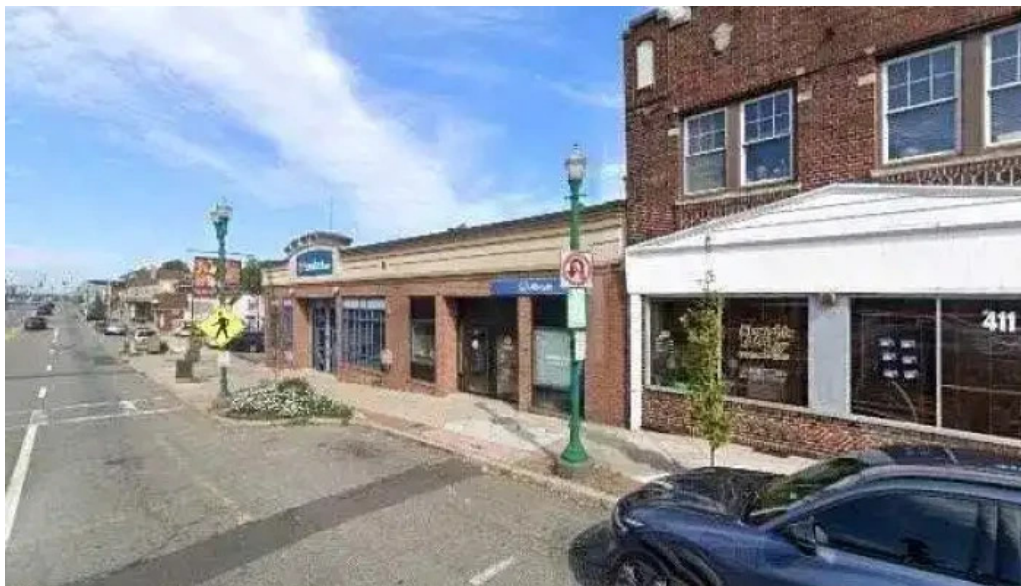
The website is OnPoint Fitness Studio

If you require to change any element that you consider is not accurate regarding this portal, please send us a message and we will correct it at the earliest convenience. Thank you in advance we appreciate it.

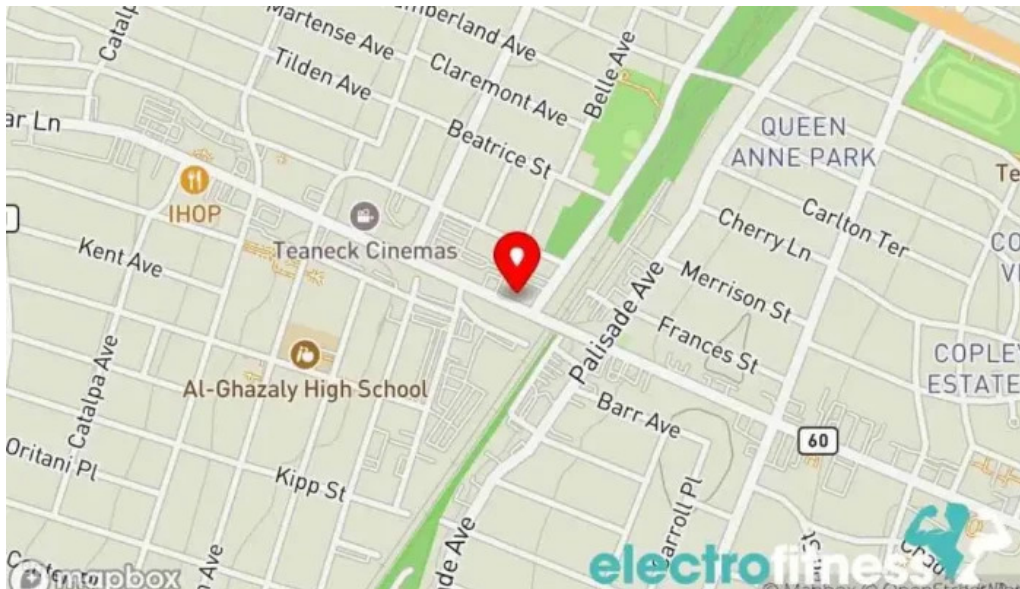
## **Images**



*Onpoint fitness studio teaneck*



*Onpoint fitness studio street view 360deg*



*Onpoint fitness studio map*



*Onpoint fitness studio gym*





*Onpoint fitness studio exercise machine*



*Onpoint fitness studio by owner*



*Onpoint fitness studio all*

## Tags

*Online classes, Wheelchair-accessible car park, On-site services, Service options, Planning, Accessibility, Appointment required*

## Related content

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5.0 *	Yoga 1 Studio - Santa Fe
5.0 *	Ab Fitness Studio - Allen Park

## Categories

academic department
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acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment building
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
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
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
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
training centre
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