

Kaeos Fitness - Englewood

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Kaeos Fitness - Englewood

Discover Kaeos Fitness Personal Training in Englewood, NJ

Welcome to **Kaeos Fitness**, a premier personal training facility located in **Englewood, New Jersey**. This gym offers a unique, welcoming atmosphere that sets it apart from larger chains. With its dedicated trainers and personalized fitness plans, Kaeos is ideal for anyone serious about their health and fitness journey.

Accessibility and Amenities

Kaeos Fitness prioritizes accessibility for all its clients. The gym features a **wheelchair-accessible entrance** and an array of amenities including: **wheelchair-accessible toilet**, **On-site parking** including a **wheelchair-accessible car park**, **Free parking lot** for your convenience. Whether you're visiting for the first time or are a regular, you can expect a clean, comfortable environment where your fitness needs are met.

Personalized Training Experience

The heart of Kaeos Fitness lies in its exceptional trainers, each dedicated to creating a **personalized workout plan** tailored to individual goals. Feedback from clients illustrates the impact of this personalized approach:

"I have been training with Alex for almost a year...the sessions are affordable and I am really happy with my progress!"

With trainers like **Ali Ghavami** and **Gene**, you will receive expert guidance and support throughout your fitness journey.

Community Atmosphere

The environment at Kaeos Fitness fosters camaraderie and support among members. Clients have expressed their appreciation for the friendly staff and welcoming community:

"The trainers are professionals who make every session enjoyable and challenging. It really feels like a gym family!"

Service Options and Planning

Kaeos Fitness offers various **service options** to fit different lifestyles and schedules. With **appointments recommended**, members can easily plan their sessions according to their availability. Additionally, Kaeos has adapted to recent challenges by offering **online classes**, ensuring that everyone has access to quality training regardless of circumstances.

Conclusion

If you're looking for a gym that offers personalized fitness training in a supportive and inclusive environment, look no further than **Kaeos Fitness** in Englewood, NJ. With its exceptional trainers, accessibility features, and community spirit, Kaeos truly stands out as a top choice for anyone on a fitness journey.

You can find us at

106 Grand Ave suite 120, 07631 Englewood, New Jersey - United States (US)

The phone of this **Personal trainer** is +1201-567-0429
And if you want to send a WhatsApp, you can do so at +1201-567-0429

You can visit us at the following hours:

Day Hours
Monday
6?AM–7?PM
Tuesday
6?AM–10?PM
Wednesday
6?AM–10?PM
Thursday
6?AM–10?PM
Friday
6?AM–10?PM
Saturday
6?AM–10?PM
Sunday
6?AM–5?PM

The website is Kaeos Fitness

If necessary to update any information that you feel is not correct related to this portal, we urge you to forward a message so we can we will correct it as soon as possible. In advance thank you very much.

Images



Kaeos fitness training



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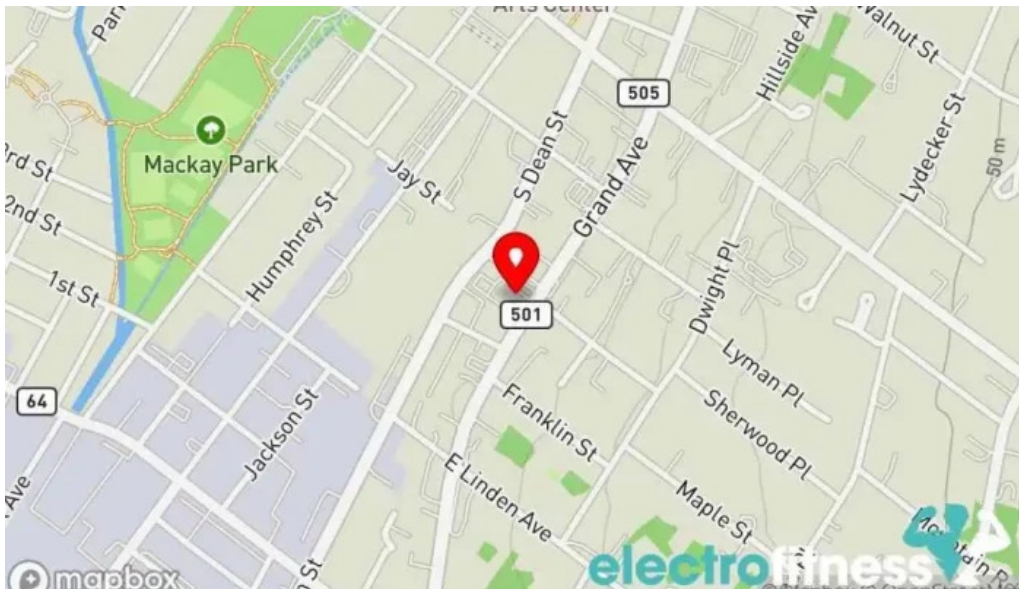
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Tags

Wheelchair-accessible car park, Wheelchair-accessible toilet, Service options, Planning, Parking, Wheelchair-accessible entrance, Accessibility, Toilet, Online classes, On-site parking, Appointments recommended, Free parking lot, Amenities

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kinesiotherapist
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massage therapist
medical group
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outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
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pilates studio
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public educational institution
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rehabilitation center
resort hotel
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rock climbing gym
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