

## Embracing Fitness - Little Falls Township

little falls township

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*little falls township*

## *Embracing Fitness - Little Falls Township*

### **Embracing Fitness: A Women-Owned Personal Trainer in Little Falls Township, New Jersey**

In the heart of Little Falls Township, **Embracing Fitness** stands out as a vibrant personal training studio that identifies as women-owned. This unique aspect fosters a welcoming and empowering environment for all clients, particularly women seeking to embrace their fitness journeys.

## Amenities That Matter

From the moment you step into Embracing Fitness, you'll notice the impressive **amenities** designed to enhance your workout experience. The studio is equipped with state-of-the-art fitness equipment, ensuring that every session is effective and enjoyable. Clients also appreciate the clean and motivating atmosphere, which is vital for maintaining focus during workouts.

## Accessibility for Everyone

Accessibility is a key priority at Embracing Fitness. The facility features a **wheelchair-accessible car park**, allowing individuals with mobility challenges to access the services with ease. This commitment to inclusivity ensures that everyone can take part in their fitness journey without barriers.

## Service Options Tailored to You

At Embracing Fitness, a variety of **service options** cater to diverse fitness levels and preferences. Whether you prefer one-on-one coaching or group classes, there's something for everyone. Furthermore, the availability of **online classes** means that even those who cannot make it to the studio can still benefit from expert guidance and support.

## Connect with Nature: Outdoor Services

The **outdoor services** offered by Embracing Fitness allow clients to enjoy workouts in the fresh air. Training sessions held outside not only provide a change of scenery but also promote a greater sense of well-being and connection to nature. It's an invigorating way to stay active while enjoying the beautiful surroundings of Little Falls Township.

## Convenient On-Site Services

Embracing Fitness also prides itself on offering **on-site services** such as personalized nutrition coaching and wellness workshops. These additional offerings help clients achieve a holistic approach to their health and fitness, ensuring they receive comprehensive support throughout their journey.

## Facilities for All: Essential Amenities

Clients will find that Embracing Fitness provides essential amenities including a clean and accessible **toilet** facility. This attention to detail makes it convenient for clients to focus solely on their workouts without any interruptions.

## Join the Embracing Fitness Community

With a strong focus on community and empowerment, Embracing Fitness invites everyone to join their thriving fitness family. Whether you're just starting out or looking to elevate your current routine, this women-owned personal trainer in Little Falls Township has the resources and expertise to help you succeed.

### You can come to our business at

155 E Main St, 07424 Little Falls Township, New Jersey - United States (US)

The contact phone of the mentioned **Personal trainer** is +1973-477-2448  
And if you want to send a WhatsApp, you can do so at +1973-477-2448

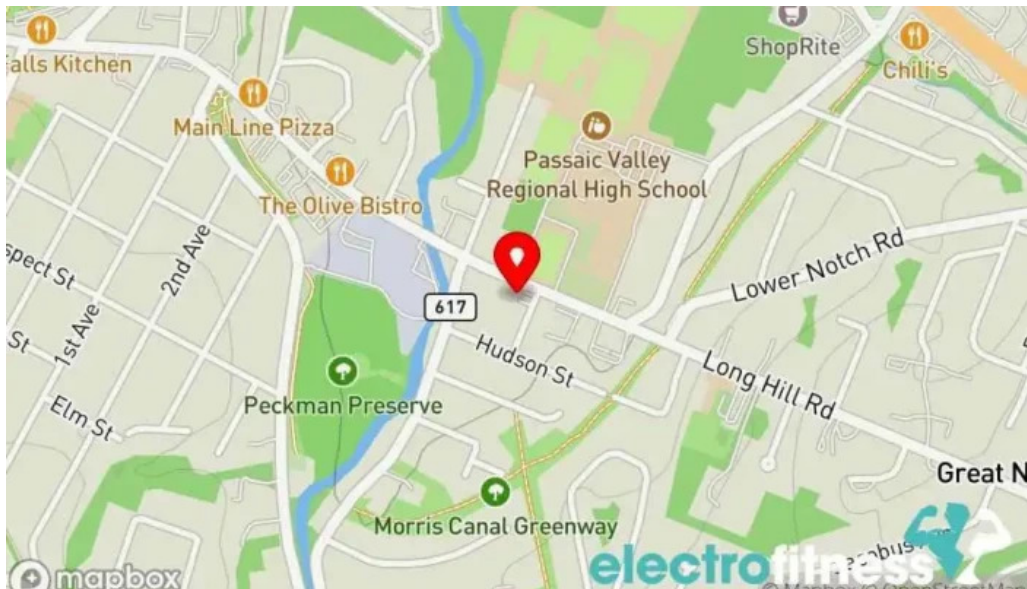
### Our service hours are:

Day	Hours
Monday	Closed
Tuesday	8?AM–8?PM
Wednesday	8?AM–8?PM
Thursday	8?AM–8?PM
Friday	8?AM–8?PM
Saturday	8?AM–8?PM
Sunday	10?AM–1?PM

The website is Embracing Fitness

If you wish to modify any element that you believe is not correct about this portal, we ask forward a message and we will handle it as soon as possible.  
Thank you in advance thanks for your cooperation.

## Images



*Embracing fitness map*



*Embracing fitness little falls township*



*Embracing fitness all*

## Tags

*On-site services, Online classes, Outdoor services, From the business, Wheelchair-accessible car park, Toilet, Identifies as women-owned, Service options, Amenities, Accessibility*

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**3.7 \*** *Portage Township Ymca - Portage*

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**4.0 \*** *Fitness Court at Allendale Township Park - Allendale*

**5.0 \*** *Atlantic County Fitness - Egg Harbor Township*

## Categories

academic department

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
cafe
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