

Overdrive Fitness - Orangeburg

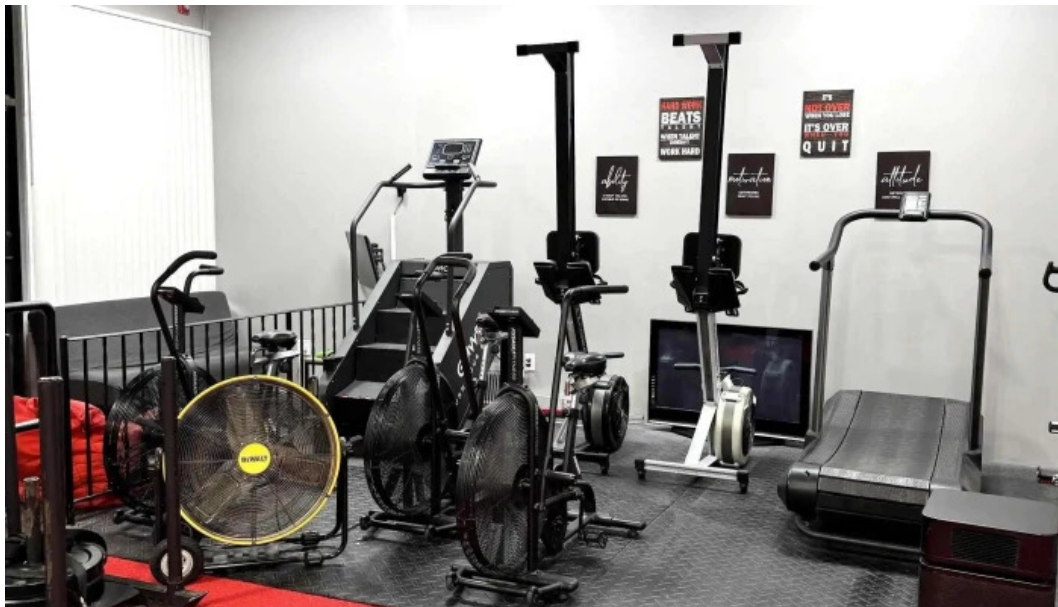
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Overdrive Fitness - Orangeburg

Welcome to Overdrive Fitness: Your Personal Training Destination in Orangeburg, New York

If you are looking for a supportive and well-equipped gym that prioritizes your fitness goals, Overdrive Fitness is your answer. Located in Orangeburg, New York, this fitness center offers personalized attention from experienced trainers Teddy and Gina, ensuring that every member receives the care they need to succeed.

Why Appointments Are Recommended

At Overdrive Fitness, **appointments are recommended** to provide each member with focused and individualized training sessions. While walk-ins are welcome, scheduling your appointment ensures that you receive the full attention of your trainer and tailor your workout plan effectively.

Accessibility for Everyone

Overdrive Fitness prides itself on being inclusive. The gym features a **wheelchair-accessible entrance**, making it easy for all clients to access the facility. Additionally, there is a **wheelchair-accessible car park** available, ensuring convenience for those who require it. Inside the gym, members can find a **toilet** equipped for accessibility needs.

Amenities and Service Options

This gym offers a variety of **amenities** designed to enhance your workout experience. From nutrition guidance to personal training sessions, Overdrive Fitness ensures that you have everything you need to achieve your health goals. Their **service options** are tailored to meet the diverse needs of their clientele, including personalized nutrition programs that are highly effective.

Planning Your Fitness Journey

Effective **planning** is crucial for achieving long-term fitness goals, and Overdrive Fitness understands this. Whether you are embarking on a 4-week challenge or joining their Weekday Warrior program, each option is designed to keep you motivated and engaged. The trainers regularly check in with clients to provide support and accountability, which is key for success.

Language Assistance Available

Overdrive Fitness recognizes the diverse backgrounds of its members and offers **language assistance**. This commitment ensures that everyone feels comfortable and understood during their fitness journey.

Join the Overdrive Community

As many members have noted, the atmosphere at Overdrive Fitness is welcoming and positive. The community spirit fosters motivation and camaraderie, making workouts enjoyable rather than intimidating. With programs catering to all fitness levels, from beginners to seasoned athletes,

there's truly something for everyone.

People rave about their experiences, sharing how they have transformed both physically and mentally thanks to the dedicated training provided by Teddy and Gina. Their expertise spans various life stages, ensuring personalized fitness plans that adapt to your needs.

Take the First Step!

If you're ready to embark on a life-changing fitness journey, consider visiting Overdrive Fitness. With dedicated trainers, a variety of amenities, and a supportive environment, it's no wonder why so many have chosen this gym as their home for health and wellness.

You can find us in

500 NY-303 Suite A11, 10962 Orangeburg, New York - United States (US)

The phone number of the respective **Personal trainer** is +1845-613-7262

And if you want to send a WhatsApp, you can do so at +1845-613-7262

Our business hours are:

Day Hours

Monday

Closed

Tuesday

5:15–11?AM 3:45–7?PM

Wednesday

5:15–11?AM 3:45–7?PM

Thursday

5:15–11?AM 3:45–7?PM

Friday

5:15–11?AM 3:45–7?PM

Saturday

5:15–11?AM 3:45–7?PM

Sunday

8?AM–12?PM

The website is Overdrive Fitness

If necessary to adjust any element that you believe is not precise concerning this site, we kindly request deliver a message and we will adjust it quickly.

Thanks beforehand thank you very much.

Images



Overdrive fitness videos



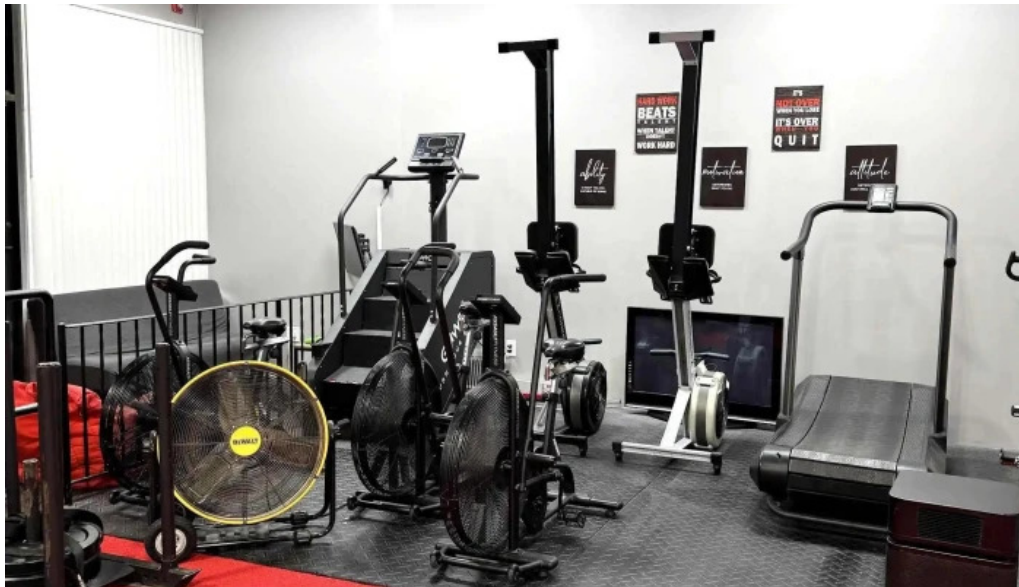
Overdrive fitness street view 360deg



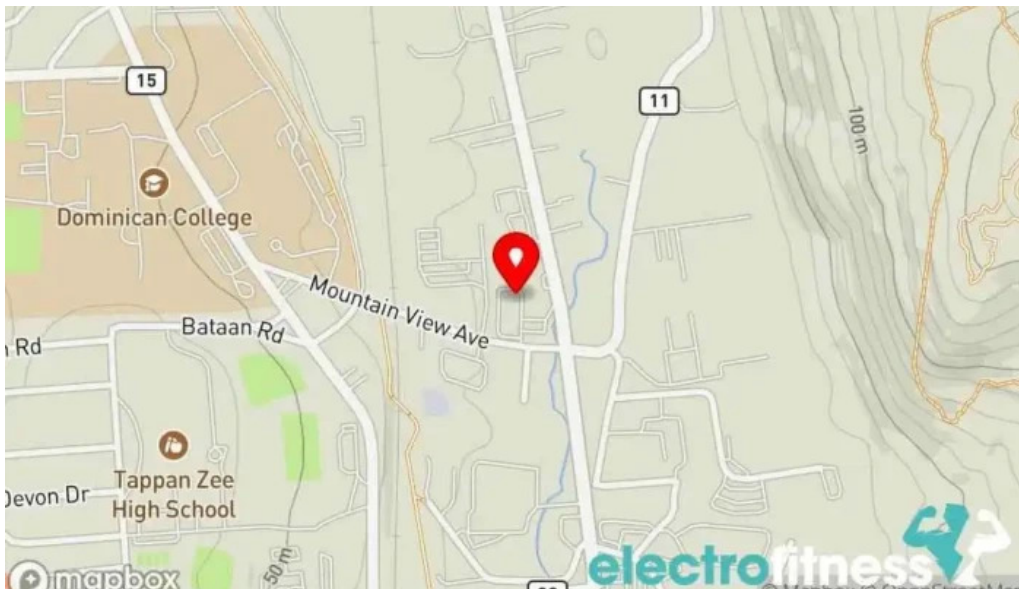
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Overdrive fitness personal trainer



Overdrive fitness orangeburg



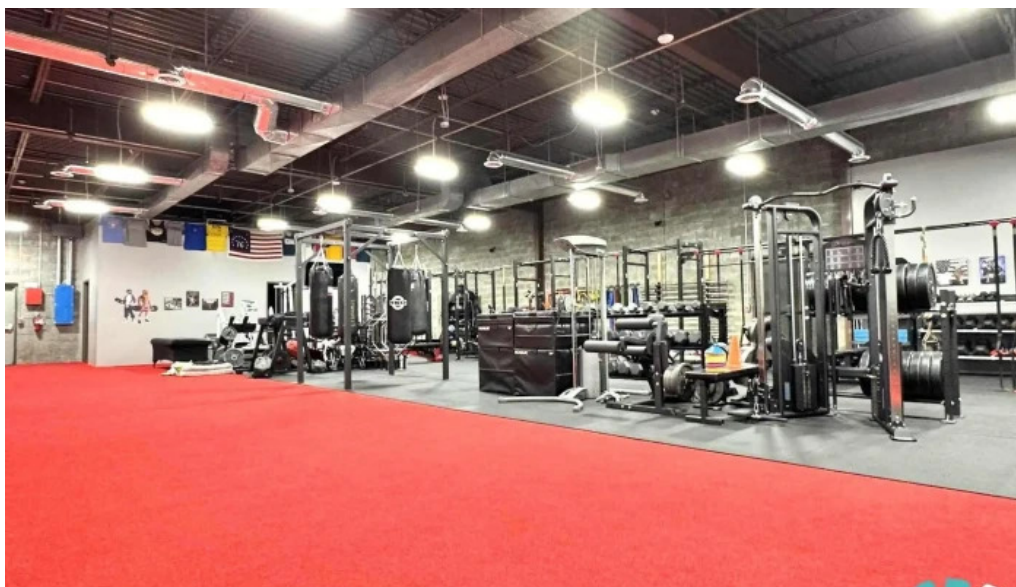
Overdrive fitness map



Overdrive fitness gym



Overdrive fitness by owner



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Tags

Wheelchair-accessible entrance, Language assistance, Accessibility, Planning, Appointment required, Toilet, Appointments recommended, Service options, Wheelchair-accessible car park, Amenities

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fitness equipment wholesaler
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physical fitness program
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