

## The Fitness Academy - Ridgewood

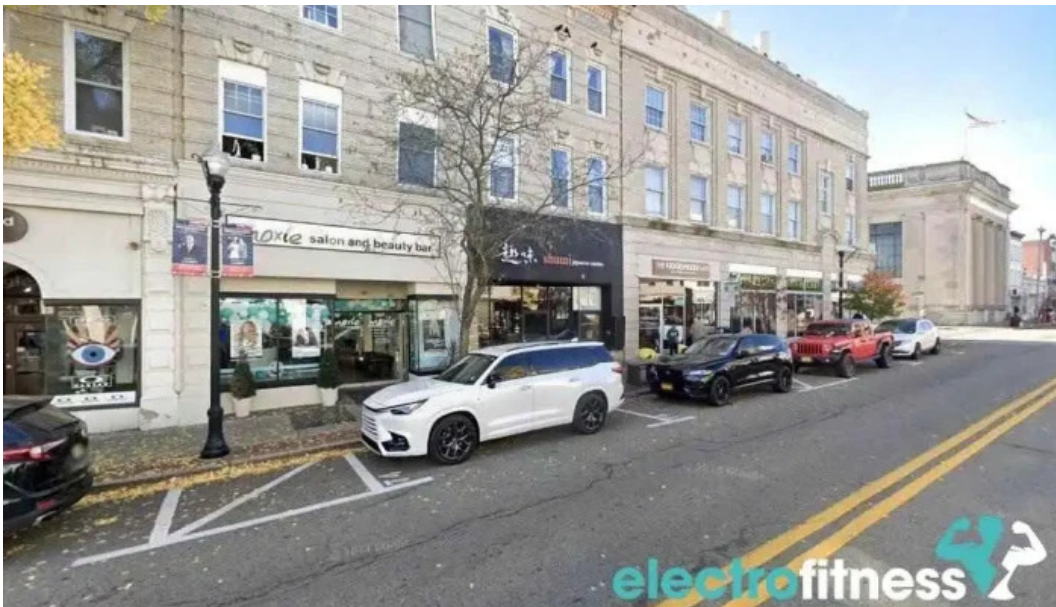
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ridgewood

## *The Fitness Academy - Ridgewood*

### **Experience Personalized Training at The Fitness Academy in Ridgewood, New Jersey**

The Fitness Academy offers exceptional **\*\*on-site services\*\*** tailored to meet the individual needs of every client. Located in the heart of Ridgewood, New Jersey, this gym is committed to providing a supportive and motivating environment for all fitness levels.

### **Unique Workouts Tailored Just for You**

Personal Trainer Matt Gabriel has been praised for his ability to create unique workouts that challenge clients each week. Whether you're just starting your fitness journey or looking to enhance your skills, Matt's personalized approach ensures that **\*\*appointments are required\*\*** to maintain an effective training schedule. Each session is designed to keep you engaged and motivated, making working out a pleasure rather than a chore.

## **Amenities That Enhance Your Workout Experience**

The Fitness Academy is equipped with a range of **\*\*amenities\*\*** that cater to clients' comfort and needs. The facility boasts a **\*\*wheelchair-accessible toilet\*\***, ensuring inclusivity and accessibility for everyone. With a **\*\*paid parking lot\*\*** and **\*\*paid multi-storey car park\*\***, visitors can easily find parking, making access to the gym convenient.

## **Accessibility and Convenience**

With its focus on **\*\*accessibility\*\***, The Fitness Academy ensures that everyone feels welcome. The atmosphere is structured as a **\*\*no-judgment zone\*\***, encouraging a positive mindset towards fitness. Making **\*\*appointments is recommended\*\*** to guarantee personalized attention and to maximize the effectiveness of your training sessions.

## **Online Classes: A Flexible Option**

In addition to **\*\*on-site training\*\***, The Fitness Academy offers **\*\*online classes\*\*** for those who prefer to workout from home or have scheduling conflicts. This flexibility allows clients to maintain their fitness routine no matter where they are.

## **Why Choose The Fitness Academy?**

Clients consistently express their satisfaction with the training they receive. Many have reported significant improvements in their physical fitness and overall wellbeing after training with Matt. From increased strength to better athletic performance, the results speak for themselves. Here's what some clients have to say: - "I am the strongest I've ever been after three and a half years of training." - "Matt customizes every workout specifically to you and keeps you motivated/engaged." - "The workouts are designed to teach you something new about exercising."

## **Join a Community Focused on Growth**

If you're looking for a gym that prioritizes **\*\*personalized service options\*\*** and fosters a positive environment, look no further than The Fitness Academy in Ridgewood, New Jersey. With a team dedicated to helping you achieve your fitness goals, you'll find that exercising becomes not only a routine but a rewarding part of your lifestyle. Take the first step towards transformation by booking your appointment today!

## **We are positioned at**

47 E Ridgewood Ave, 07450 Ridgewood, New Jersey - United States (US)

The phone of the mentioned **Personal trainer** is +1201-983-3510

And if you want to send a WhatsApp, you can do so at +1201-983-3510

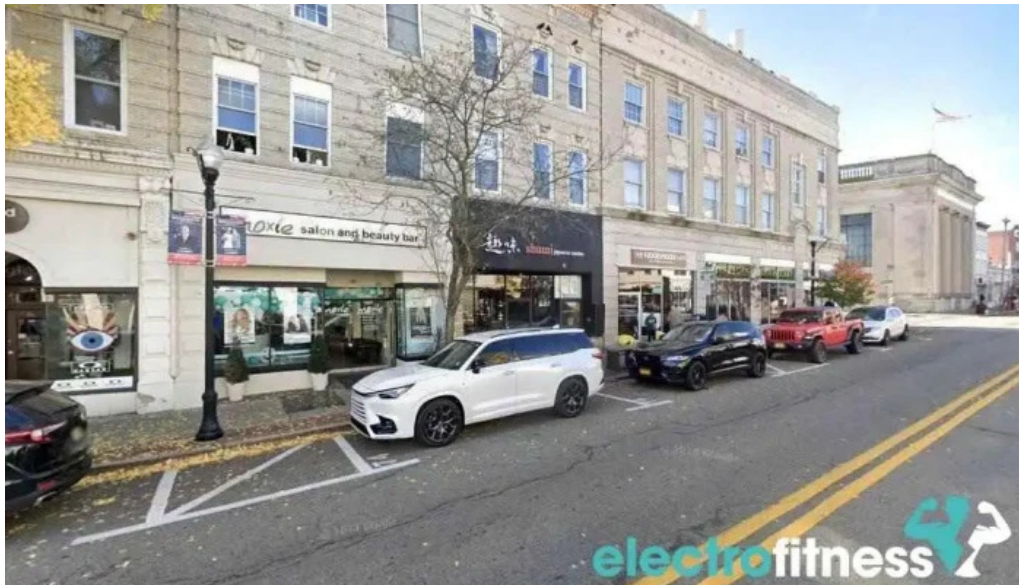
## **We are available at these times:**

Day	Hours
Monday	8?AM–2?PM
Tuesday	7:30?AM–1?PM
Wednesday	9?AM–5:30?PM
Thursday	12–9?PM
Friday	11?AM–6:30?PM
Saturday	12–5?PM
Sunday	8?AM–2?PM

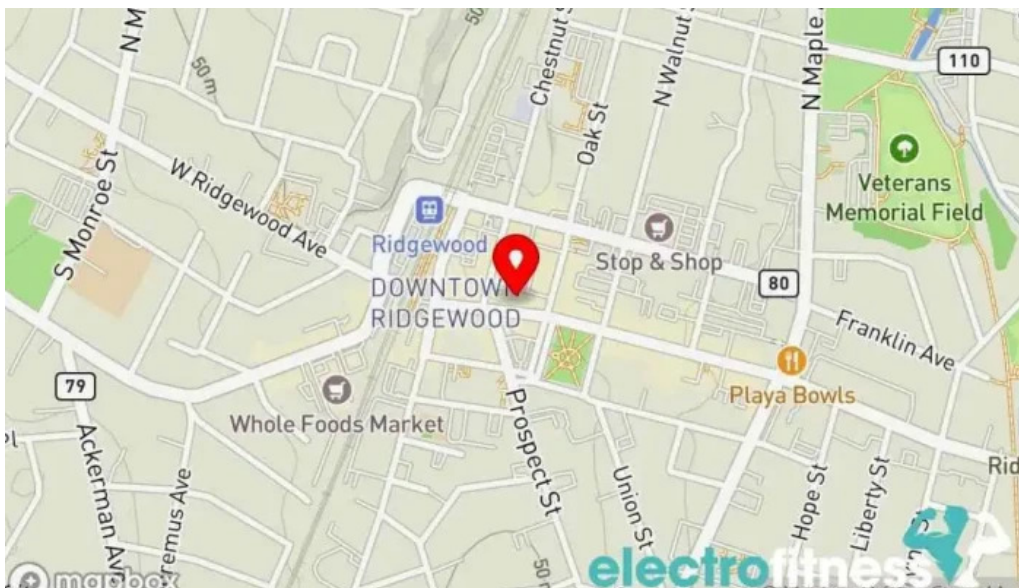
The website is The Fitness Academy

If necessary to modify any detail that you believe is not accurate related to this page, please send us a message and we will fix it as soon as possible.  
Thank you in advance thanks.

## **Images**



*The fitness academy ridgewood*



*The fitness academy map*





*The fitness academy by owner*



*The fitness academy all*

## Tags

*Appointments recommended, On-site parking, Planning, Paid multi-storey car park, Amenities, On-site services, Service options, Online classes, Paid parking lot, Toilet, Accessibility, Appointment required, Parking, Wheelchair-accessible toilet*

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<b>3.8 *</b>	<i>Black Belt Academy - Fort Washington</i>
<b>4.9 *</b>	<i>Gladiators Academy of Lafayette - Lafayette</i>
<b>4.9 *</b>	<i>JiuJitsu Dharma Academy - Santa Fe</i>
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## Categories

academic department
acupuncture clinic
after school program
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amusement park ride
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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

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college
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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
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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