

The Fitness Asylum - Hudson - Hudson

hudson

 I'm not a robot 
reCAPTCHA

Published on: 01/04/25	Hits: 330
Comments: 0	See comments
Votes: 33	Score: 4.9

https://www.electrofitness.com/physical-fitness-program/hudson/the-fitness-asylum-hudson-hudson_183360.php



hudson

The Fitness Asylum - Hudson - Hudson

Welcome to The Fitness Asylum - Hudson: A Community of Strength and Support

If you're looking for a fitness program that combines challenge, community, and accessibility, look no further than **The Fitness Asylum in Hudson, Massachusetts**. Since launching various programs, this gym has become a preferred destination for fitness enthusiasts of all levels and backgrounds.

Accessibility for Everyone

At The Fitness Asylum, inclusivity is a priority. The facility offers a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, ensuring that everyone can access the inspiring environment they provide. This commitment to ****accessibility**** allows individuals with different needs to participate fully in their fitness journey.

A Supportive Community

Members consistently express their love for the uplifting atmosphere at The Fitness Asylum. One new member, who joined in February 2023, stated, "I absolutely LOVE it! The staff is amazing, the coaches are the BEST, and the friends I have made make working out that much sweeter!" This sense of community fosters encouragement among members, as they cheer each other on to achieve their personal bests.

Diverse and Dynamic Classes

With a wide range of classes available, The Fitness Asylum keeps workouts exciting and engaging. Members appreciate that the workouts are always different, saying, "The classes and coaches are awesome. They are never stale. Always positive environment." Whether it's boot camps, specialty programs, or fitness challenges, there's something for everyone. The structured nature of the workouts means that members can arrive ready to sweat without the need to pre-plan their routines.

Expert Guidance and Modifications

Fitness Asylum prides itself on having knowledgeable instructors who meet members where they are in their fitness journey. Many testimonials highlight how coaches offer modifications and proper form demonstrations, making it safe and effective for all participants. One long-time member noted, "When I was new to fitness, the coaches taught me the correct form and found me exercises while I healed from injuries."

A Place for All Ages

The Fitness Asylum is not just for adults; there are programs designed for younger individuals too. A member proudly shares, "I didn't think twice about sharing the Fitness Asylum with my son. He's been coming since he was 12." This showcases the welcoming environment that the gym provides for families looking to build healthy habits together.

Conclusion: Why Choose The Fitness Asylum - Hudson?

Whether you are taking your first steps into fitness or are an experienced athlete, The Fitness Asylum - Hudson offers a welcoming and dynamic environment that caters to everyone. With accessible facilities, motivated instructors, diverse class offerings, and a strong sense of community, it's no wonder so many members feel like they belong. Come experience the energy

and support of The Fitness Asylum, where every workout feels like family!

The business is situated at

90 Cherry St, 01749 Hudson, Massachusetts - United States (US)

The phone number of said **Physical fitness program** is +1508-826-5414

And if you want to send a WhatsApp, you can do so at +1508-826-5414

Our service hours are:

Day Hours
Monday
5:30–10:30?AM 4:30–8:30?PM
Tuesday
5:30–10:30?AM 4:30–8:30?PM
Wednesday
6–11?AM
Thursday
7?AM–12?PM
Friday
5:30–10:30?AM 4:30–8:30?PM
Saturday
5:30–10:30?AM 4:30–8:30?PM
Sunday
5:30–10:30?AM 4:30–8:30?PM

The website is The Fitness Asylum - Hudson

If you need to change any detail that you feel is not precise about this web, we kindly request send a message and we will correct it promptly. Thanks beforehand thanks for your cooperation.

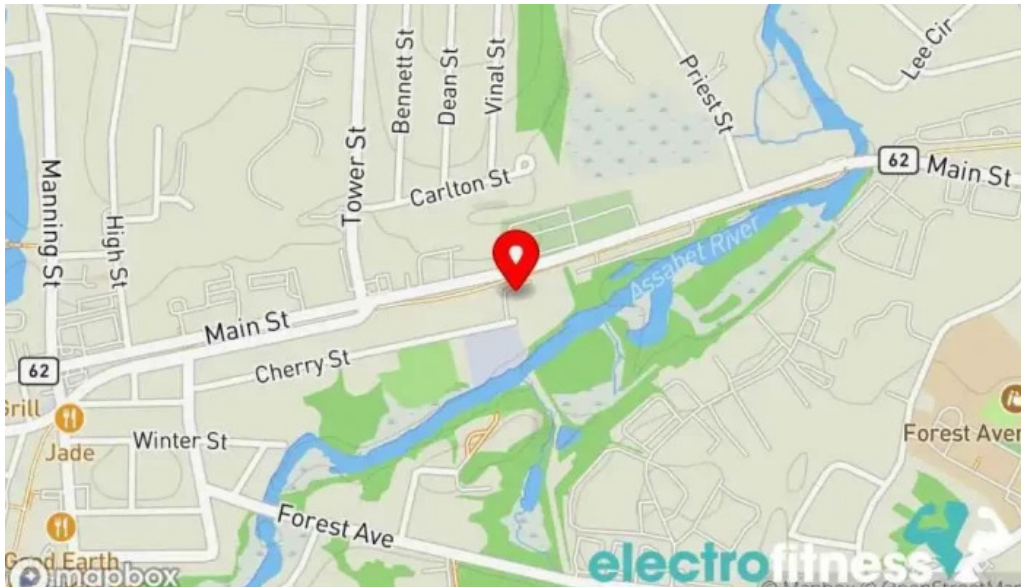
Images



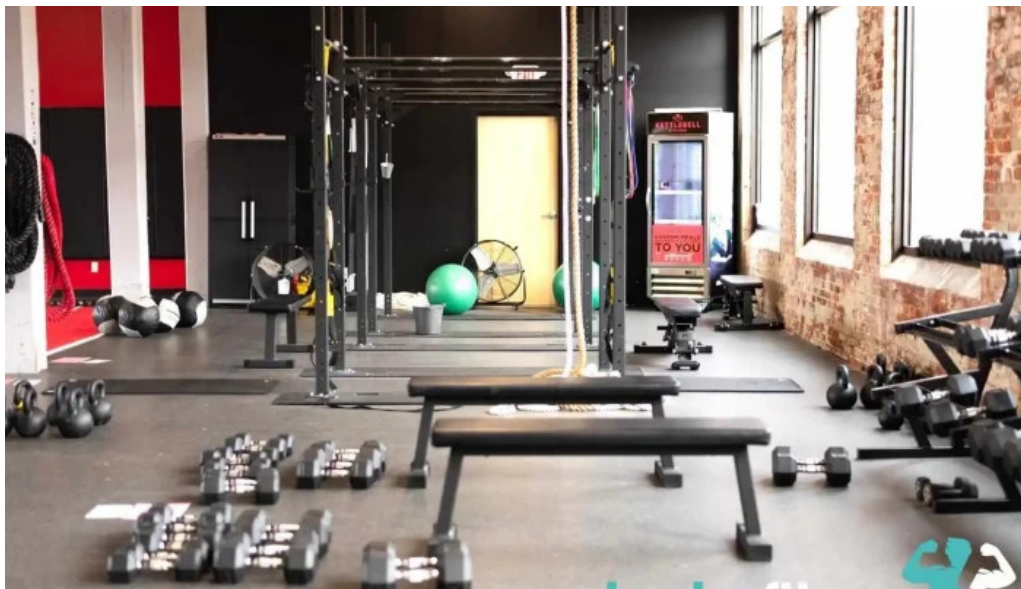
The fitness asylum hudson hudson



The fitness asylum hudson street view 360deg



The fitness asylum hudson map



The fitness asylum hudson by owner



The fitness asylum hudson all

Tags

Accessibility, Wheelchair-accessible car park, Wheelchair-accessible entrance

Related content

4.4 * *Shuler's Stable (Inside Hudson-Campbell Sports Center). - Gary*

5.0 * *Hyperthrive Athletics Texas - Abilene*

4.7 * *Hendrick Health Club - Abilene*

4.9 * *Orangetheory Fitness - Dyer*

5.0 * *Huffington Pilates and Fitness Studio - Abilene*

4.0 * *Sage Yoga Center - Abilene*

4.8 * *Fitness Evolution - St John*

4.9 * *Train Unique Lafayette - Lafayette*

1.0 * *Rise Paralysis Recovery Center - Walnut Creek*

5.0 * *Poppy Movement & Wellness - Walnut Creek*

Categories

amusement park ride

arena

association / organization
athletic club
bar
body shaping class
boot camp
boxing gym
boxing ring
children's party service
chiropractor
church
coffee shop
community center
convenience store
country club
dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage therapist

meditation center
non-profit organization
nutritionist
park
personal trainer
pharmacy
physical fitness program
physical therapy clinic
pickleball court
pilates studio
public educational institution
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
swimming instructor
swimming school
tennis club
thrift store
vitamin & supplements store
wellness center
wellness program
yoga instructor
yoga studio
youth organization