

Square Circle Boxing - Dumont

dumont

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Square Circle Boxing - Dumont

Discover Square Circle Boxing in Dumont, New Jersey

If you're looking for a boxing gym that offers more than just a workout, look no further than ****Square Circle Boxing**** in Dumont, New Jersey. With an energy that inspires and challenges you, this gym is perfect for anyone wanting to learn boxing skills while enjoying an intense workout.

Exceptional Coaching from Abby

At the helm of Square Circle Boxing is ****Abby****, the owner and head trainer, known for his exceptional coaching style. Reviewers rave about his ability to

make classes enjoyable while pushing clients to their limits. “Abby’s energy is off the charts! He keeps you motivated and in high spirits throughout,” one member shared. His commitment to ensuring that everyone feels comfortable, regardless of their fitness level or experience, sets this gym apart.

A Welcoming Environment

Square Circle Boxing prides itself on its inclusive atmosphere. Newcomers often highlight how welcoming the environment is, making it easy for anyone, regardless of fitness background, to jump right in. Members appreciate the ****positive energy**** that permeates every class, creating a sense of community and camaraderie among participants. As one person noted, “Each session leaves you feeling better than you started!”

Intense, Fun Workouts

The workouts at Square Circle Boxing are structured to be intense yet fun. Classes typically consist of a mix of warm-up exercises, heavy bag work, and high-intensity cardio, culminating in a technique-focused ‘mitt’ session with Abby. This dynamic format ensures you are always engaged and challenged. One enthusiastic member stated, “It was THE MOST challenging workout I’ve ever done in my life! I loved it!”

Accessibility Features

For those concerned about accessibility, Square Circle Boxing offers a ****wheelchair-accessible car park****, ensuring everyone can enjoy their workouts without barriers. The gym’s commitment to inclusivity extends beyond just the workouts—everyone deserves to experience the benefits of boxing training.

Transform Your Body and Mind

Many members have reported significant progress in their physical fitness since joining Square Circle Boxing. Whether looking to tone up, build endurance, or simply try something new, the gym provides the perfect setting to achieve these goals. “Since I’ve been going to Square Circle Boxing, I have never been in such excellent condition,” noted one satisfied member.

Join the Square Circle Community

If you’re ready to challenge yourself physically and mentally, Square Circle Boxing is an excellent choice. With flexible scheduling, small class sizes, and professional trainers dedicated to your success, you’re sure to find what you need here. Don’t miss out on the chance to join this vibrant community—the positive experiences of others speak volumes about the impact of Abby’s coaching. Dive into the world of boxing today and discover your potential at Square Circle Boxing!

You can find us in

135 Washington Ave, 07628 Dumont, New Jersey - United States (US)

The contact line of the respective **Boxing gym** is +1201-244-5979

And if you want to send a WhatsApp, you can do so at +1201-244-5979

Visit us during the following hours:

Day Hours

Monday

Closed

Tuesday

5–8?AM 12–1:30?PM 4–8?PM

Wednesday

5:45–8?AM 12–1:30?PM 4–8?PM

Thursday

5:45–8?AM 12–1:30?PM 4–8?PM

Friday

5:45–8?AM 12–1:30?PM 4–8?PM

Saturday

5:45–8?AM 12–1:30?PM 4–5:30?PM

Sunday

10?AM–12?AM

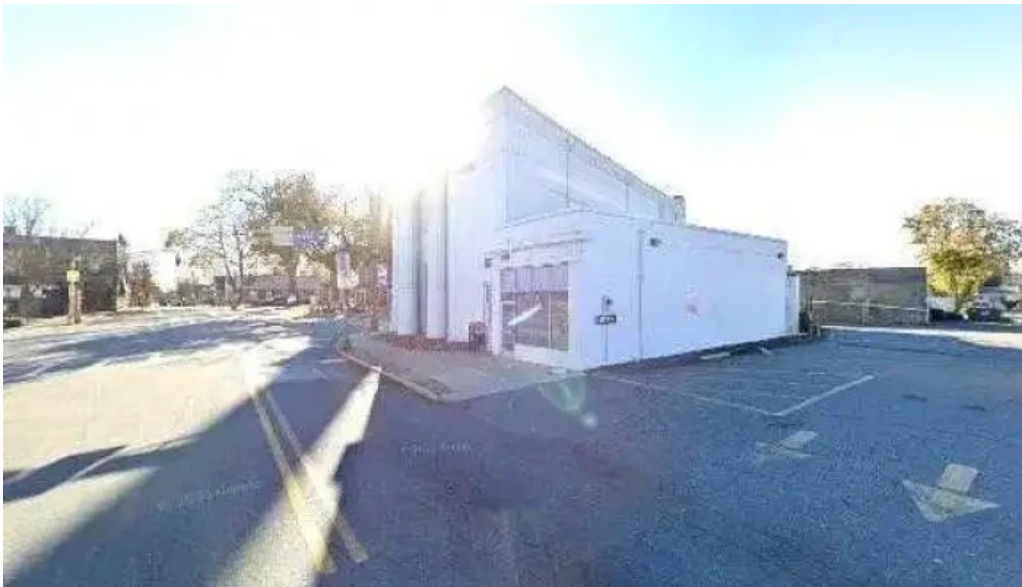
The website is Square Circle Boxing

If you wish to modify any information that you consider is not precise concerning this web, we urge you to send a message so we can we will handle it at the earliest convenience. Thank you in advance thank you very much.

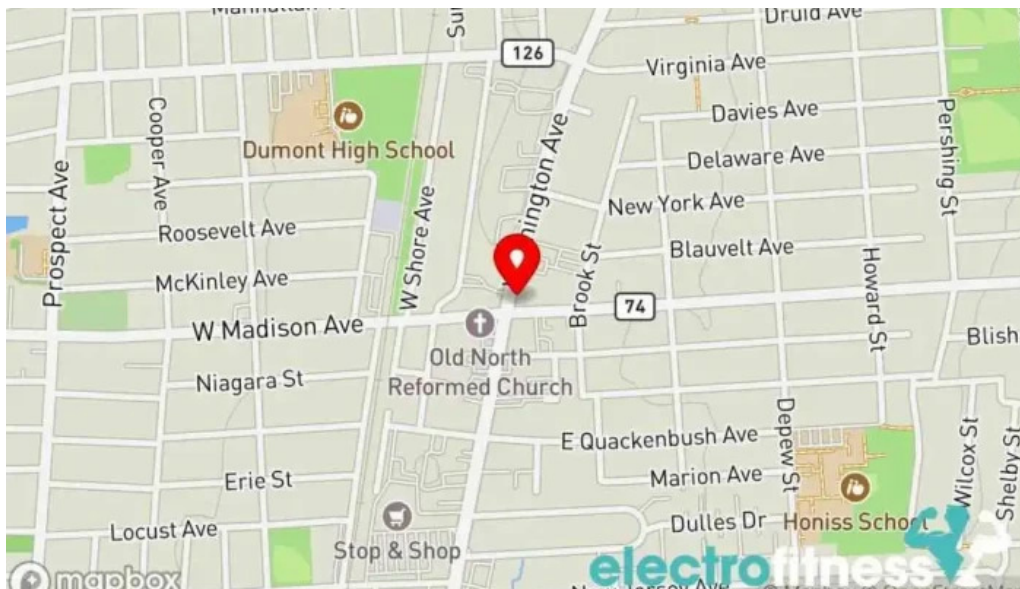
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