

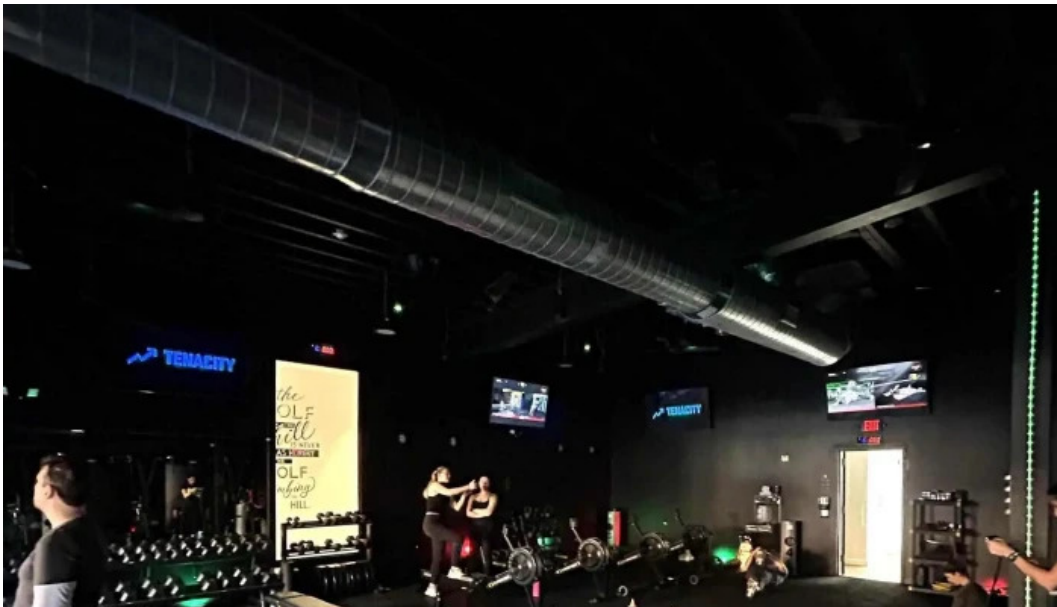
## Alpha Fit Club - Glen Rock

glen rock

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|------------------------|--------------|
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glen rock

## *Alpha Fit Club - Glen Rock*

### **Introducing Alpha Fit Club: Your Ultimate Fitness Destination in Glen Rock, NJ**

If you are planning to take your fitness journey to the next level, look no further than **\*\*Alpha Fit Club\*\***. Nestled in the heart of Glen Rock, New Jersey, this fitness center has quickly become a favorite among locals looking for an engaging and motivational workout experience.

#### **Accessibility and Amenities**

At Alpha Fit Club, accessibility is a top priority. The facility features a

**\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can enjoy the benefits of fitness without any obstacles. Whether you are new to working out or a seasoned athlete, Alpha Fit Club offers a welcoming environment with excellent amenities designed for all fitness levels.

## **Membership Requirement and Planning Your Workout**

A **\*\*membership is required\*\*** to join the Alpha Fit Club family, and it's an investment that many members believe is well worth it. With a variety of class times available, planning your workouts around your schedule has never been easier. This flexibility allows you to engage in classes that fit your routine while providing ample opportunity to stay committed to your fitness goals.

## **A Community-Centric Atmosphere**

One standout feature of Alpha Fit Club is its strong sense of community. Members frequently describe the environment as friendly and encouraging. Reviewers have noted that the coaches are not just knowledgeable but also supportive, adapting workouts to suit individual needs, especially for those recovering from injuries. The motivating atmosphere helps push members beyond their limits, making each workout session an incredible experience.

## **Diverse Class Offerings**

The classes at Alpha Fit Club are anything but routine. Each day brings a new and challenging workout, keeping participants engaged and motivated. From circuit training sessions with focused exercises to high-energy boot camps, there's something for everyone. Many members have shared their excitement about the variation in classes, emphasizing how it prevents boredom and keeps them coming back for more.

## **Impressive Feedback from Members**

Feedback from Alpha Fit Club members has been overwhelmingly positive. Many have expressed their satisfaction with the clean and organized space, noting the great setup and excellent instruction from the staff. One member highlighted the importance of community by stating, "The energy in this place is addictive," while others appreciate the supportive nature of both staff and fellow gym-goers.

## **Conclusion: Why Alpha Fit Club Stands Out**

In summary, if you are looking for a fitness center that combines top-notch amenities, a supportive community, and expert coaching, Alpha Fit Club in Glen Rock, NJ, should be at the top of your list. With a **\*\*wheelchair-accessible entrance\*\***, ample amenities, and a commitment to helping each member thrive, Alpha Fit Club truly stands out as a premier choice for anyone serious about their fitness journey. Don't hesitate to check it out—your first class is free!

## Our business is located at

208 Rock Rd, 07452 Glen Rock, New Jersey - United States (US)

The contact phone of the mentioned **Fitness center** is +1201-903-4328

And if you want to send a WhatsApp, you can do so at +1201-903-4328

## Our service hours are:

Day Hours  
Monday

*7?AM–12?PM*

Tuesday

*5?AM–12?PM 4–6?PM*

Wednesday

*5?AM–12?PM 4–7?PM*

Thursday

*5?AM–12?PM 4–6?PM*

Friday

*5?AM–12?PM 4–7?PM*

Saturday

*5?AM–12?PM*

Sunday

*6?AM–12?PM*

The website is Alpha Fit Club

If necessary to update any detail that you consider is not correct related to this page, we ask send a message so that we will fix it promptly. In advance thanks for your cooperation.

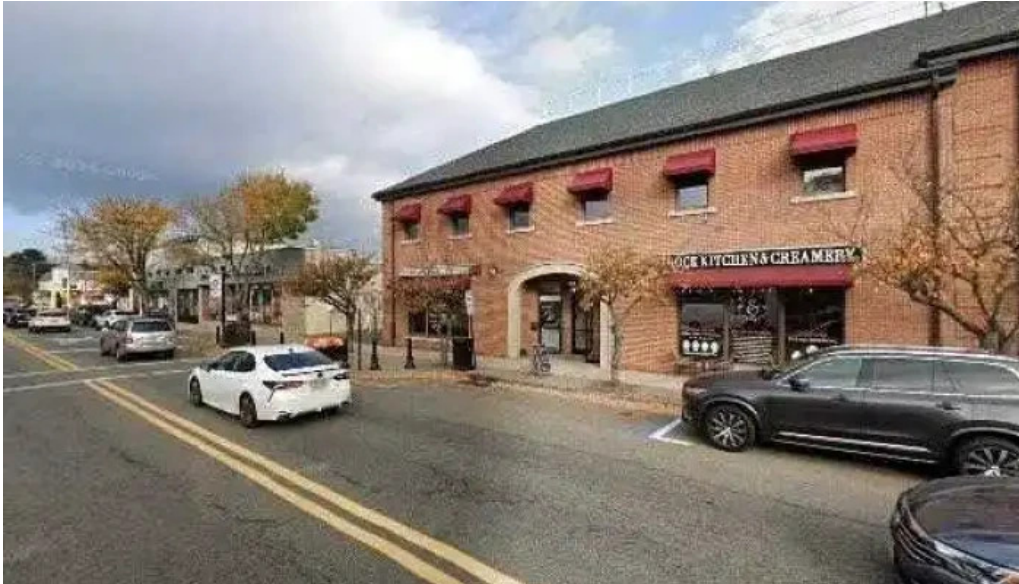
## Images



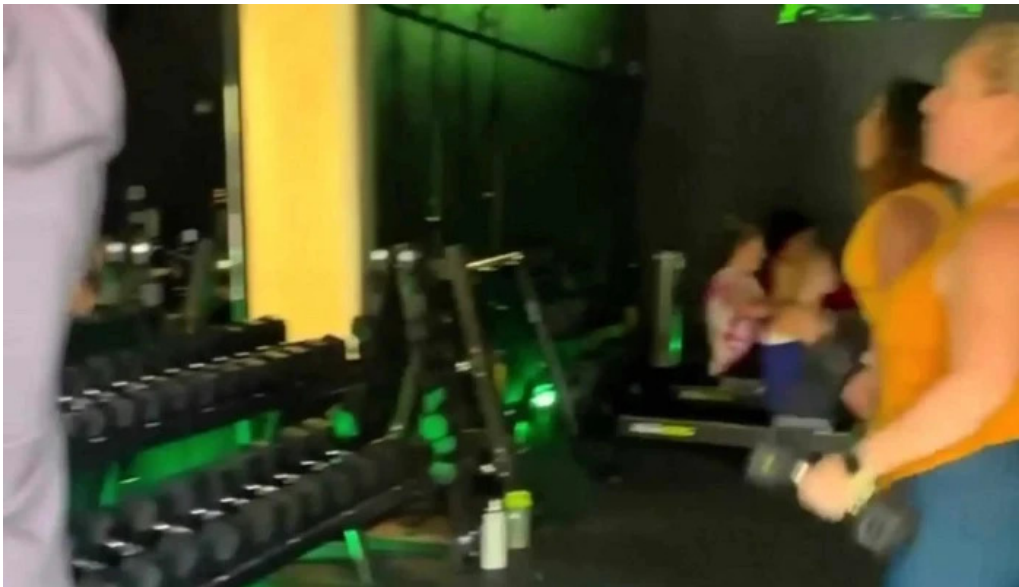
*Alpha fit club website*



*Alpha fit club videos*

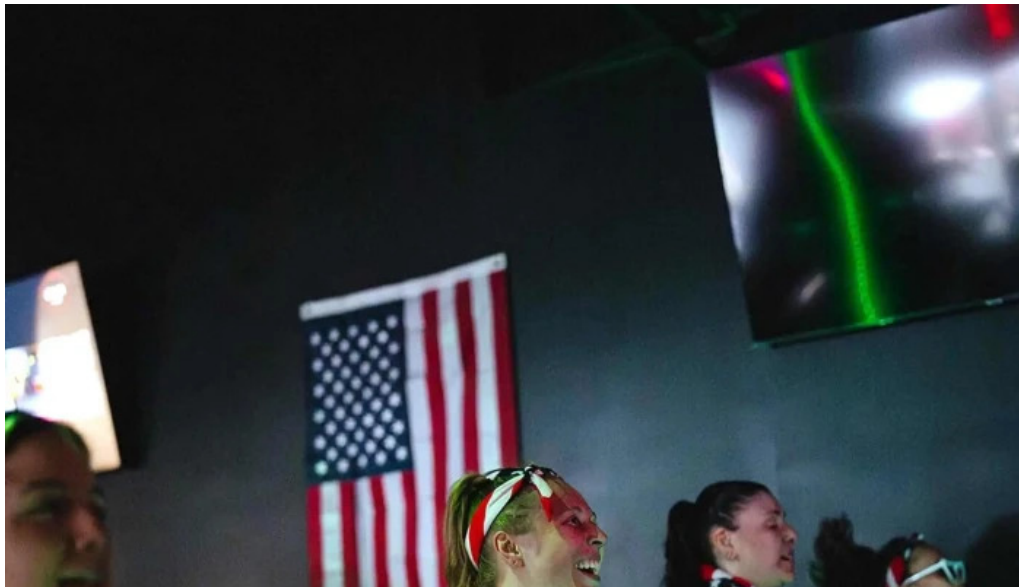


*Alpha fit club street view 360deg*

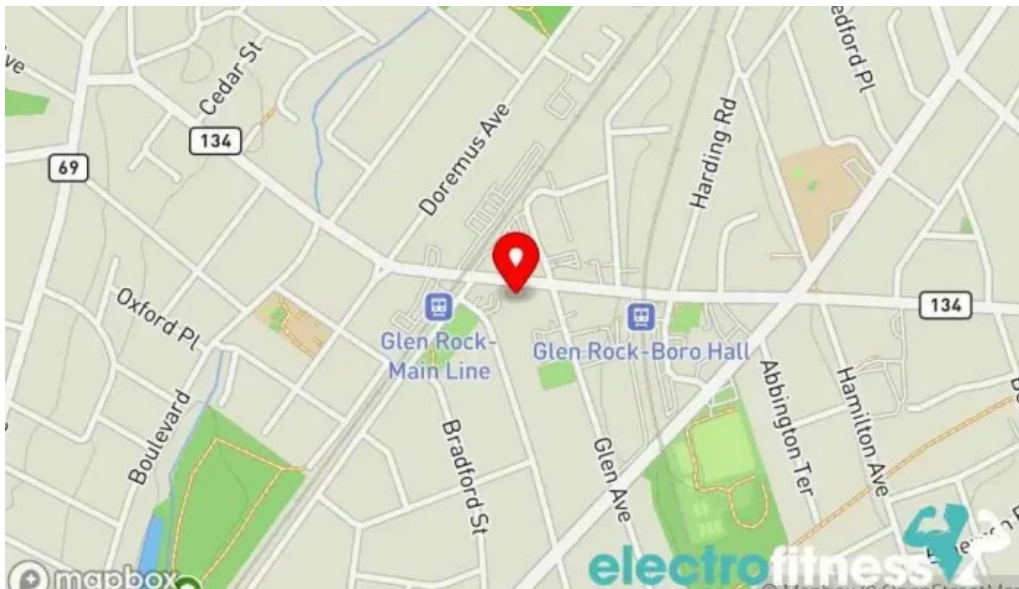


*Alpha fit club score*





*Alpha fit club prices*



*Alpha fit club map*



*Alpha fit club instagram*



*Alpha fit club gym*



*Alpha fit club glen rock*



*Alpha fit club fitness center*





*Alpha fit club by owner*



*Alpha fit club all*

## Tags

*Planning, Amenities, Wheelchair-accessible entrance, Accessibility, Wi-Fi, Wheelchair-accessible car park, Membership required*

## Related content

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**4.8 \*** *Alpha Fitness Club - Elizabeth*

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**4.9 \*** *Built/With Fitness | Home of CrossFit Bwi - Glen Burnie*

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**4.6 \*** *Diablo Rock Gym - Concord*

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**5.0 \*** *Alpha Omega Elite Fitness - Arvada*

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| <b>4.4 *</b> | <i>Alpha Performance &amp; Nutrition - United States</i>   |
| <b>4.7 *</b> | <i>Rock Creek Sports Club - Silver Spring</i>              |
| <b>5.0 *</b> | <i>Koko Fit Club - North Attleborough</i>                  |
| <b>3.9 *</b> | <i>Alpha Strength Training - Hanover</i>                   |
| <b>4.6 *</b> | <i>Boulderdash Indoor Rock Climbing - Westlake Village</i> |

## 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                |
| children's party service   |
| chiropractor               |
| church                     |
| club                       |
| coffee shop                |
| college                    |

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| 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                               |

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|--------------------------------|
| 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                         |



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|-----------------------------|
| 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          |