

Forward fitness studio - Mahwah

mahwah

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https://www.electrofitness.com/fitness-center/mahwah/forward-fitness-studio-mahwah_296797.php



mahwah

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Discover Forward Fitness Studio in Mahwah, New Jersey: A Community Like No Other

Forward Fitness Studio has established itself as a premier fitness destination in Mahwah, New Jersey. With an impressive range of classes and a welcoming community, it stands out for its commitment to accessibility and inclusivity.

Accessibility at Forward Fitness

One of the key features of Forward Fitness is its ****wheelchair-accessible car park****. This thoughtful consideration ensures that everyone, regardless of

mobility challenges, can enjoy the wide variety of classes the studio has to offer.

A Thriving Community Atmosphere

Members frequently express their love for the sense of community at Forward Fitness. As one member noted, "I can't imagine myself ever going anywhere else." This sentiment echoes throughout the vibrant community, where instructors foster motivation and support.

Diverse Class Offerings

Forward Fitness boasts an extensive selection of classes tailored to all fitness levels. From ****Assisted Stretch**** sessions, which have helped members improve flexibility and reduce pain, to high-energy bounce classes that invigorate participants for the day ahead, there's something for everyone. One enthusiast remarked, "Just took a bounce class with Catherine; it was amazing! I feel so good!"

Exceptional Instructors

The studio's instructors play a pivotal role in creating a positive experience for all attendees. Many members highlight the warmth and expertise of the trainers. "The instructors are incredible, and I love the diversity of class offerings that they have!" said one dedicated member. This level of personalized attention makes every workout enjoyable and accessible to all.

The Power of Variety

With a plethora of class types, boredom is never an option at Forward Fitness. Whether you prefer dance cardio, barre, or low impact HIIT, the studio caters to various interests and fitness goals. "I love the variety of classes offered at this gym; I'm never bored of one workout style," shared a longtime participant.

A Studio with Heart

Finally, the sense of camaraderie and support within the Forward Fitness community is truly unique. Members frequently mention how the studio has become their "happy place," fostering long-lasting friendships and connections. In conclusion, Forward Fitness Studio in Mahwah, New Jersey, is more than just a gym; it's a community that prioritizes accessibility and empowers its members through diverse workout options and exceptional instructors. If you are looking for a place that makes fitness fun and inclusive, Forward Fitness is undoubtedly worth checking out.

We are based in

10 Edison Rd, 07430 Mahwah, New Jersey - United States (US)

The phone number of this **Fitness center** is +1201-485-7215

And if you want to send a WhatsApp, you can do so at [+1201-485-7215](https://wa.me/12014857215)

Our opening hours are:

Day Hours

Monday

5:30–10:30?AM 5:30–6:30?PM

Tuesday

6:30–10?AM

Wednesday

8–10:30?AM

Thursday

6:30–10?AM

Friday

6:30–10?AM 5:30–6:30?PM

Saturday

5:30–10:30?AM 5:30–7:30?PM

Sunday

6:30–10:30?AM 5:30–7:30?PM

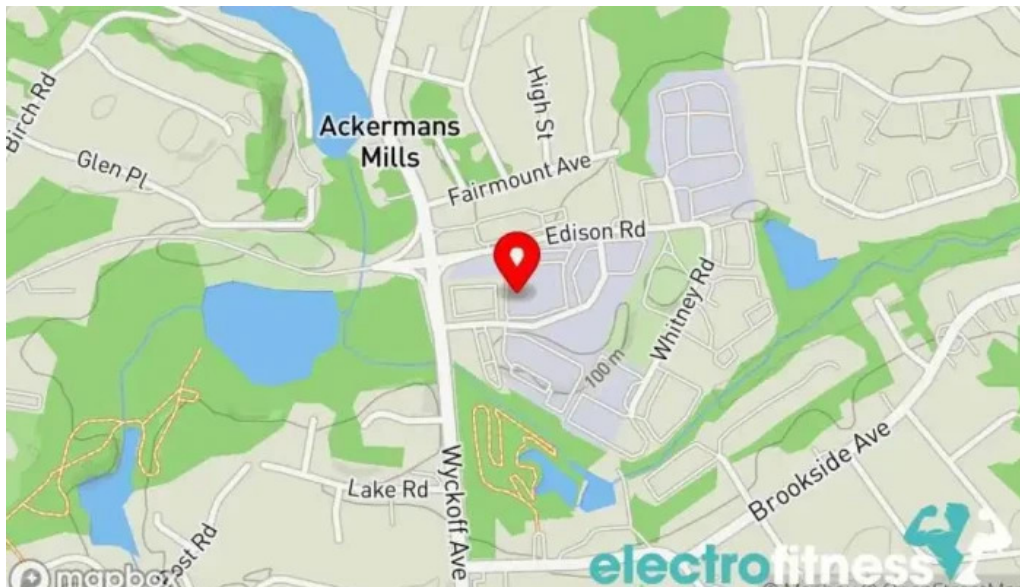
The website is [FORWARD fitness studio](#)

If you require to adjust any detail that you believe is not precise related to this web, please deliver a message so that we will correct it at the earliest convenience. Thanks beforehand thank you very much.

Images



Forward fitness studio street view 360deg



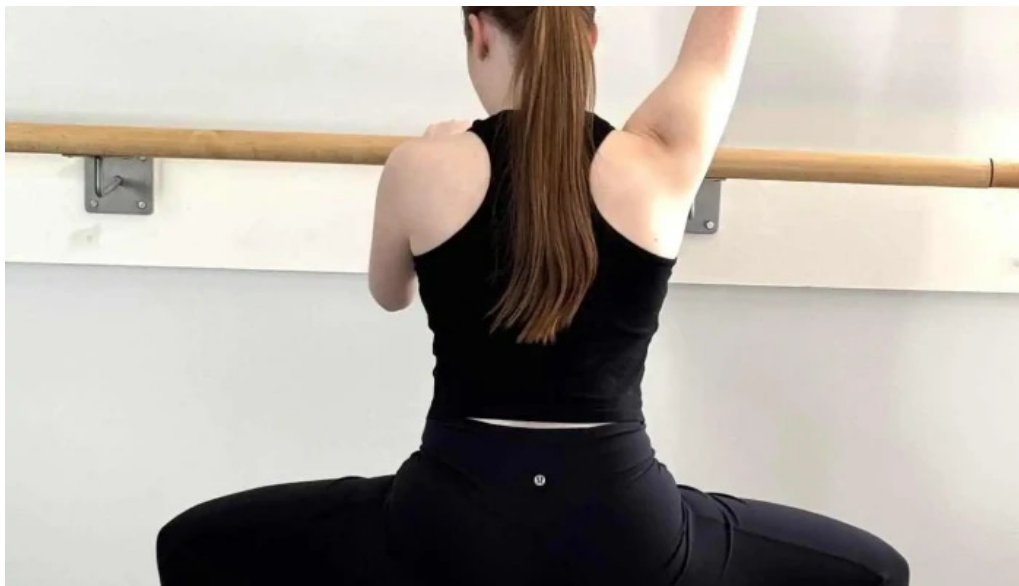
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Tags

Wheelchair-accessible car park, Accessibility

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