

Refuel Total Fitness, Llc - Newark

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Refuel Total Fitness, Llc - Newark

Welcome to Refuel Total Fitness, LLC: Newark's Premier Women-Owned Fitness Center

Refuel Total Fitness, LLC is proudly identified as a ****women-owned**** fitness center located in Newark, New York. Committed to fostering a welcoming environment, Refuel ensures that everyone can achieve their fitness goals with exceptional service options and accessibility features.

Service Options for All Fitness Levels

At Refuel Total Fitness, you'll find a variety of ****on-site services**** designed to

meet diverse fitness needs. From engaging **online classes** to group fitness sessions like “Chair Yoga” and “Zumba,” there’s something for everyone. Members appreciate the knowledgeable and supportive instructors who make each class enjoyable. The facility also offers competitive play with multiple time slots for activities such as **pickleball**, making it easy for individuals with varying schedules to participate.

Accessibility for Everyone

One of the standout features of Refuel Total Fitness is its dedication to accessibility. The gym includes a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring that everyone, regardless of mobility challenges, can enjoy the facility. Refuel aims to create an inclusive space where all members feel welcome and accommodated.

Positive Experiences from Our Community

Feedback from members highlights the warm atmosphere and high-quality services at Refuel. One member noted, "I was very happy with the instructor. Very personable and did a great job with all of us seniors." Another shared their delight after attending a pickleball tournament, stating, "10/10 would recommend this place for pickleball. Good surface and spacious courts." Furthermore, guests have praised the facility's cleanliness and the ample equipment available. "The facility is very clean and they have more than enough equipment to keep you busy," one member stated, reflecting the overall standard maintained at Refuel.

Tailored Fitness Programs and Personal Training

Refuel Total Fitness also offers personalized training options tailored to individual needs. Members have reported significant progress, with one individual sharing, "Kathy trains you on a personal level. She wants to see you succeed and encourages you." These personalized sessions are designed to keep workouts challenging yet fun, making every hour spent at the gym worthwhile.

Join the Refuel Community Today!

With everything from Zumba to competitive pickleball and a range of fitness classes, Refuel Total Fitness is not just a gym but a community hub that serves a great purpose. Whether you're new to fitness or looking to enhance your routine, come experience what makes Refuel a beloved destination in Newark. Planning to drop by? Enjoy a **FREE class** to check out this impressive facility, and see how it caters to everyone in the community! In conclusion, Refuel Total Fitness, LLC stands out in Newark for its commitment to inclusivity, quality services, and a friendly environment. Join us today and become a part of the Refuel family!

You can come to our business at

224 E Union St, 14513 Newark, New York - United States (US)

The phone of said **Fitness center** is +1315-359-4421

And if you want to send a WhatsApp, you can do so at +1315-359-4421

You can visit us at the following hours:

Day Hours
Monday
Open 24 hours
Tuesday
Open 24 hours
Wednesday
Open 24 hours
Thursday
Open 24 hours
Friday
Open 24 hours
Saturday
Open 24 hours
Sunday
Open 24 hours

The website is Refuel Total Fitness, LLC

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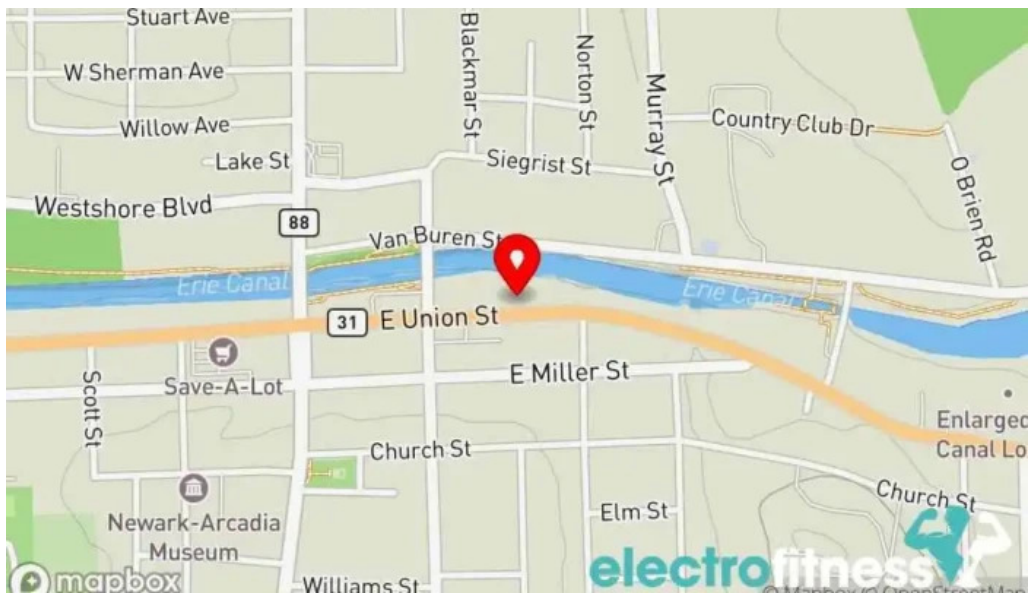
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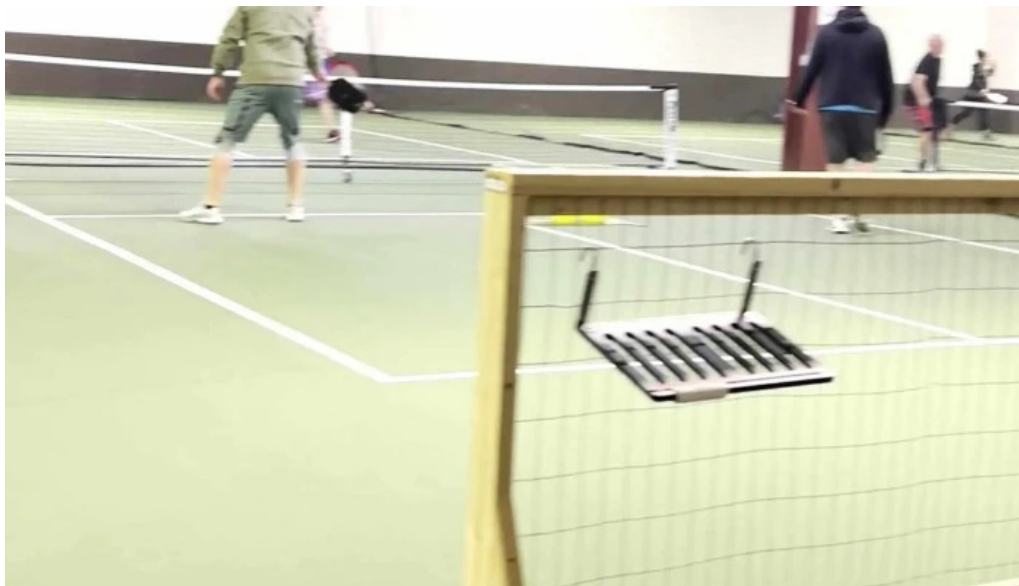
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Refuel total fitness llc gym



Refuel total fitness llc fitness center



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Tags

Identifies as women-owned, From the business, Accessibility, Online classes, Service options, Wheelchair-accessible car park, On-site services, Wheelchair-accessible entrance

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public educational institution
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school district office
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