

Fitness Center - Teaneck

teaneck

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teaneck

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Exploring the Fitness Center in Teaneck, New Jersey

The Fitness Center in Teaneck, New Jersey, serves as a hub for both students and staff, offering a range of amenities designed to support a healthy lifestyle. With ****membership required****, it provides an accessible environment for everyone who seeks to maintain their fitness routine.

Accessibility Features

One of the standout features of this facility is its ****wheelchair-accessible entrance**** and ****wheelchair-accessible car park****. This ensures that all

members of the community can enjoy the amenities without facing physical barriers.

Amenities for Everyone

The Fitness Center boasts a variety of ****amenities**** that cater to different workout preferences. Although the free weights and assisted weight rooms are described as somewhat compact, they contain essential equipment for effective workouts. The center also includes a ****basketball court****, perfect for those looking to engage in team sports or simply shoot some hoops. Additionally, there are spaces dedicated to events, a lounge area for relaxation, and an aerobics room for group classes, ensuring a well-rounded fitness experience.

User Experiences

Many users have shared their thoughts about the Fitness Center, praising its clean environment and friendly staff. Comments highlight that it is a great place not only to work out but also to socialize and make friends. Some express that it is ideal for campus goers, providing everything needed to keep fit. However, there are suggestions for improvements, such as adding a hack squat machine and addressing specific equipment issues like the chest fly machine seat. Despite these concerns, the overall sentiment remains positive, making this fitness center a popular choice on campus.

Final Thoughts

In conclusion, the Fitness Center in Teaneck, New Jersey, is more than just a place to exercise; it's a community hub. Whether you are looking to enhance your fitness journey or find a space to connect with friends, this center offers a welcoming atmosphere that meets diverse needs. While it may not replace a full-scale gym, its facilities and accessibility make it a valuable resource for all students and staff alike.

The location of our business is in

1080 University Cir, 07666 Teaneck, New Jersey - United States (US)

The contact phone of this **Fitness center** is +1201-692-2697

And if you want to send a WhatsApp, you can do so at +1201-692-2697

Visit us during the following hours:

Day Hours
Monday
Closed

Tuesday
11?AM–8?PM
Wednesday
11?AM–8?PM
Thursday
11?AM–8?PM
Friday
11?AM–8?PM
Saturday
11?AM–5?PM
Sunday
12–4?PM

The website is [Fitness Center](#)

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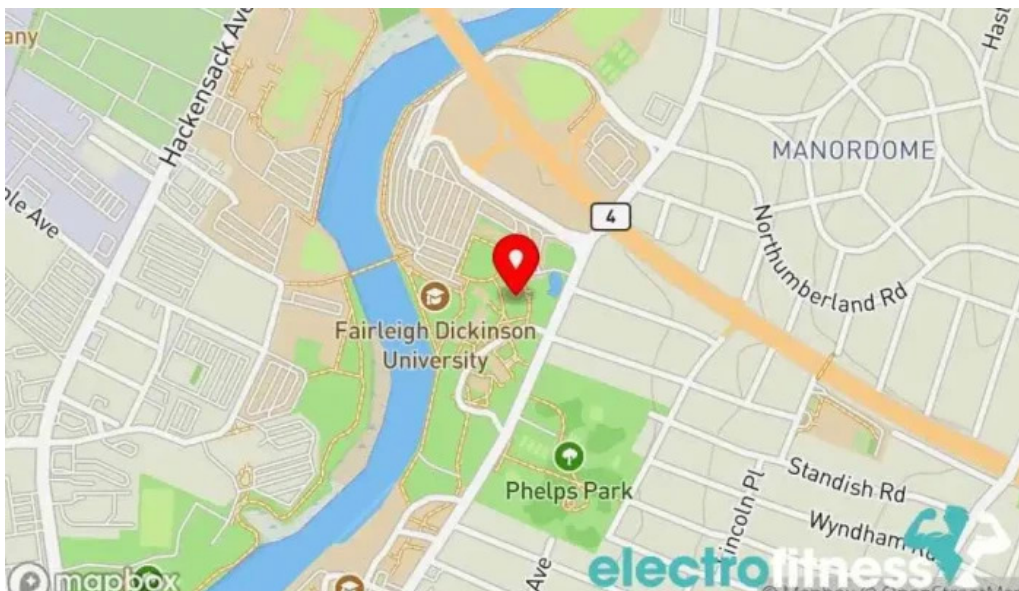
Images



Fitness center teaneck



Fitness center street view 360deg



Fitness center map



Fitness center all

Tags

Planning, Wheelchair-accessible entrance, Basketball court, Amenities, Accessibility, Membership required, Wheelchair-accessible car park

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