

Femme - Hackensack

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https://www.electrofitness.com/gym/hackensack/femme-hackensack_311116.php



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Femme - Hackensack

Discovering Femme Fitness in Hackensack, New Jersey

Femme Fitness is a premier gym specifically designed for women, located in the heart of Hackensack, New Jersey. This women-only establishment stands out as a supportive community that promotes empowerment and inclusivity. Whether you're a fitness enthusiast or just starting your journey, Femme Fitness has everything you need.

A Warm Welcome Awaits

When you step into Femme Fitness, you're greeted with a smile from friendly

staff like Kiki and Tara, making you feel right at home. The atmosphere is described as welcoming and empowering, which is essential for those seeking a judgment-free zone to work on their fitness goals. Members often express gratitude for the kindness and support they receive from both staff and fellow gym-goers.

Facilities and Amenities

One of the standout features of Femme Fitness is its clean and modern equipment, ensuring every workout experience is top-notch. Members can enjoy a wide range of amenities, including: - ****Wheelchair-accessible entrance**** - ****Wheelchair-accessible car park**** - ****Online classes**** for those who prefer to work out from home - A large mirrored studio for various classes ranging from Zumba to strength training - Well-maintained equipment, including cardio machines, cable machines, and less common items like a heavy bag

Service Options and Membership

Femme Fitness operates on a membership-required basis, with options for personal training sessions and group classes. The facility offers a variety of classes suitable for all fitness levels, allowing individuals to plan their workouts based on their preferences and schedules. Appointment is required for personalized training sessions, ensuring that each member receives tailored guidance from expert trainers.

The Community Spirit

Femme Fitness prides itself on creating a unique and inclusive environment where women can work out comfortably. Many members have shared their experiences of feeling safe and accepted in this space, highlighting how the supportive community feels like a family. With a variety of classes available, members are encouraged to challenge themselves while enjoying the camaraderie of others.

Accessibility and Cleanliness

The commitment to cleanliness at Femme Fitness has not gone unnoticed. With a focus on maintaining a hygienic environment, members enjoy working in a fresh and organized space. This dedication to cleanliness is crucial, especially as members come together to achieve their fitness goals.

Conclusion

In summary, Femme Fitness in Hackensack is more than just a gym; it's a community that identifies as women-owned and provides a nurturing space for women of all backgrounds to pursue their fitness journeys. With excellent service options, accessibility features, and a wide array of classes, Femme Fitness stands out as an exemplary fitness destination for women in New Jersey. If you're looking for a supportive, engaging, and empowering

environment, visit Femme Fitness today and become part of the Femme Fam!

The location of our premises is

34 Commerce Way, 07601 Hackensack, New Jersey - United States (US)

The contact phone of the respective **Gym** is +1201-549-5200

And if you want to send a WhatsApp, you can do so at +1201-549-5200

You can visit us at the following hours:

Day Hours
Monday
8?AM–2?PM
Tuesday
6?AM–9:30?PM
Wednesday
6?AM–9:30?PM
Thursday
6?AM–9:30?PM
Friday
6?AM–9:30?PM
Saturday
6?AM–7?PM
Sunday
8?AM–2?PM

The website is Femme

In case you want to update any detail that you think is not precise about this portal, we kindly request send us a message and we will adjust it at the earliest convenience. In advance we appreciate it.

Images



Femme street view 360deg



Femme score



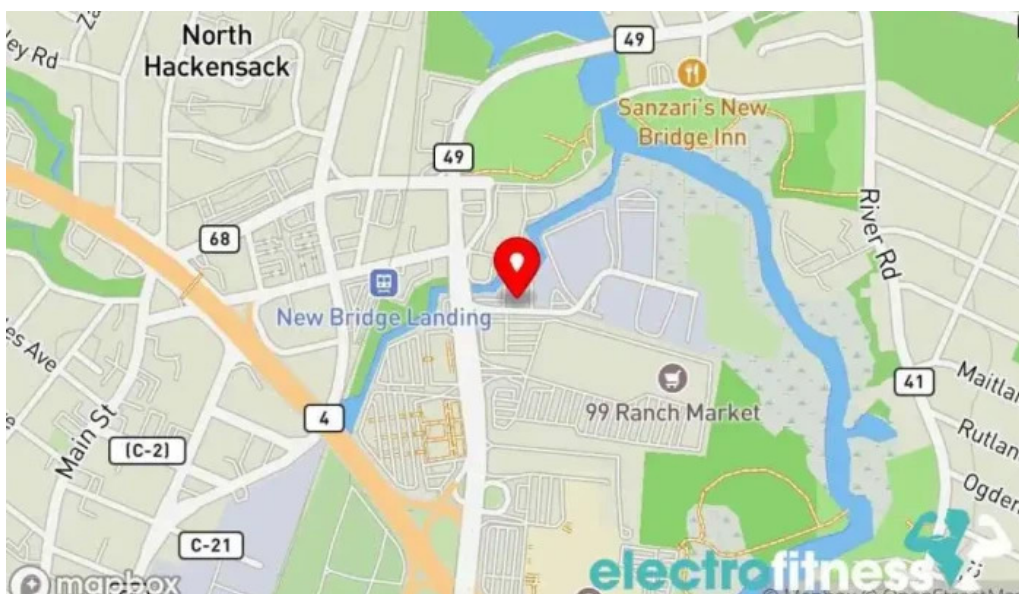
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Femme photos



Femme number



Femme map



Femme location



Femme hackensack



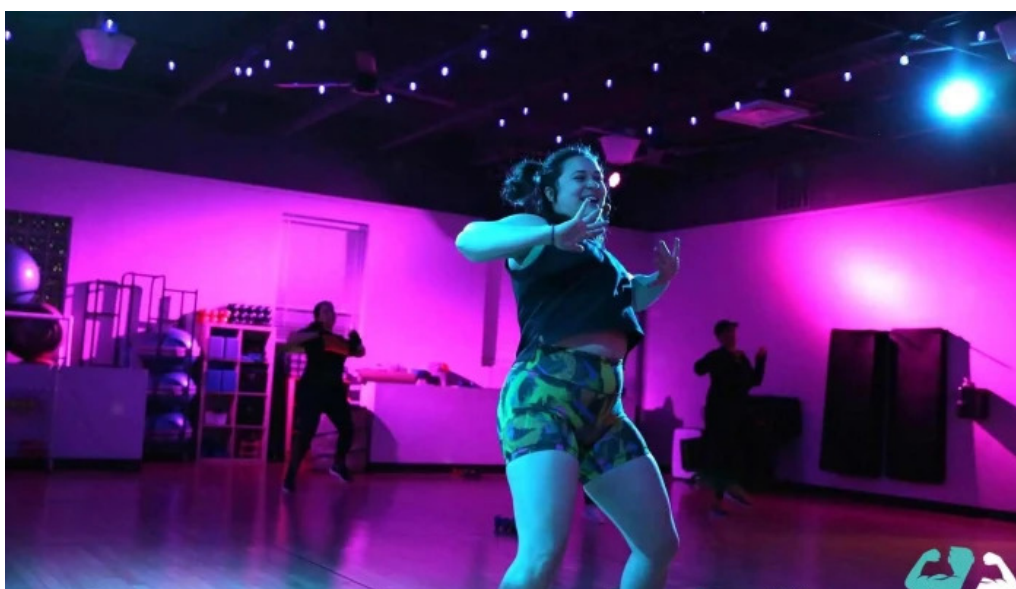
Femme gym



Femme discounts



Femme by owner



Femme all

Tags

Wheelchair-accessible car park, On-site services, Wheelchair-accessible entrance, Appointment required, Service options, From the business, Identifies as women-owned, Membership required, Wi-Fi, Accessibility, Amenities, Online classes, Planning

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