

## F45 Training North Paramus - Paramus

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### *F45 Training North Paramus - Paramus*

#### **F45 Training North Paramus: An Unmatched Fitness Experience**

F45 Training North Paramus in Paramus, New Jersey, stands out as a premier destination for individuals seeking an effective and supportive workout environment. This facility not only offers excellent training programs but also prioritizes **\*\*accessibility\*\*** for all members.

#### **Membership Requirements and Class Structure**

At F45, **\*\*membership is required\*\*** to participate in the various high-intensity interval training (HIIT) classes offered throughout the week. The structured

45-minute workouts are designed to maximize efficiency and effectiveness, catering to various fitness levels. Whether you're a seasoned athlete or a beginner, each session provides modifications to ensure everyone can participate safely.

### **Accessibility Features**

F45 takes pride in being inclusive and accessible. The gym features a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, ensuring that all members can comfortably access the facilities. With ample **\*\*free parking lot\*\*** options available, convenience is never an issue, making it easy for everyone to get their workout in without stress.

### **Community and Coaching**

One of the standout aspects of F45 North Paramus is its vibrant community. Members consistently rave about the supportive atmosphere created by both the coaches and fellow participants. Coaches such as Marissa, Nick, and Felicia are highlighted for their personalized coaching style and attention to detail, fostering a sense of belonging and motivation. In addition, the trainers provide insightful feedback on form and technique, which is crucial for beginners and those looking to improve. The approachable nature of the staff means that no one feels intimidated, making F45 a welcoming place for all.

### **Why Choose F45 North Paramus?**

Many members attest that the positive energy and motivating environment are what keep them coming back. With classes that vary daily, members find that workouts remain fresh and engaging. Testimonials highlight experiences of significant transformation, both physically and mentally, through consistent participation in the structured workouts offered. In summary, F45 Training North Paramus offers a unique blend of accessibility, expert coaching, and a thriving community—all within a conveniently located facility. For anyone looking to elevate their fitness journey in a welcoming environment, F45 is undoubtedly worth considering.

**You can visit us at the address:**

556 NJ-17, 07652 Paramus, New Jersey - United States (US)

The phone number of the respective **Gym** is +1201-345-0272

And if you want to send a WhatsApp, you can do so at +1201-345-0272

**Our service hours are:**

Day Hours  
Monday  
6?AM-6?PM  
Tuesday  
6?AM-6?PM  
Wednesday  
6?AM-6?PM  
Thursday  
6?AM-6?PM  
Friday  
6?AM-6?PM  
Saturday  
6?AM-6?PM  
Sunday  
6?AM-6?PM

The website is [F45 Training North Paramus](#)

If you require to modify any data that you believe is not correct regarding this web, please send us a message so that we will fix it as soon as possible. Thank you in advance thanks.

## Images



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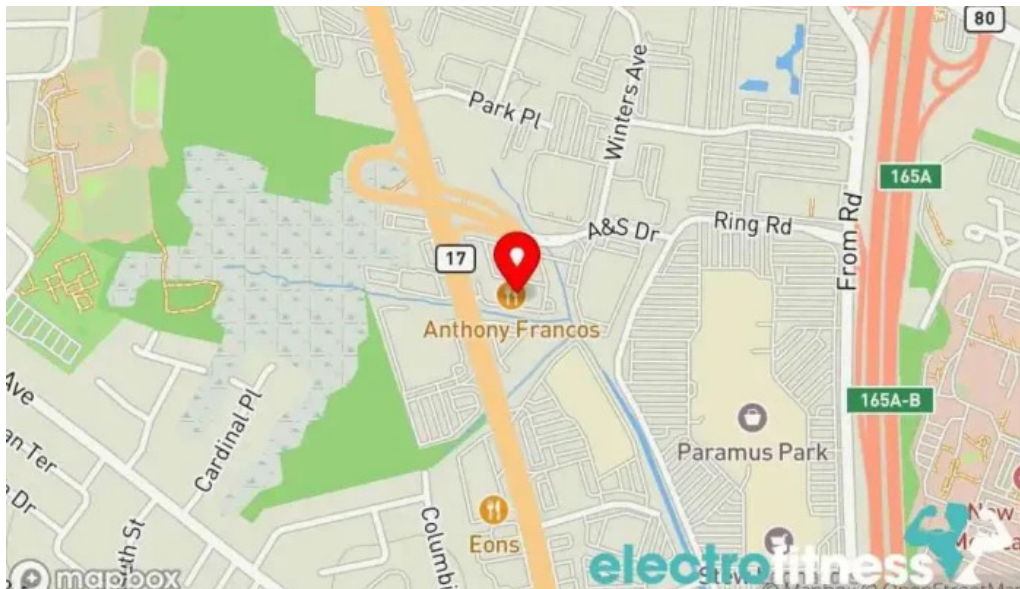
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## Tags

*Wheelchair-accessible entrance, Parking, Accessibility, Wheelchair-accessible car park, Planning, Membership required, Free parking lot*

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## 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

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

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



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