

NorthEast Health Peformance - Eastchester

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NorthEast Health Peformance - Eastchester

Experience Unmatched Fitness at NorthEast Health Performance

If you're searching for a welcoming and supportive gym in Eastchester, New York, look no further than **NorthEast Health Performance**. This gym is more than just a place to work out; it's a thriving community where accessibility and personalized coaching go hand in hand.

Accessibility and Amenities

NorthEast Health Performance prides itself on providing an inclusive fitness environment. The facility features a **wheelchair-accessible car park**, ensuring that all members can easily access the gym. Additionally, the availability of clean and well-maintained **toilet facilities** enhances the overall experience for all members.

Community and Support

From the moment you step through the doors, you're greeted with warmth and encouragement. Many members highlight how they felt welcomed from day one. "It's not just a place to work out, but a community where everyone supports and motivates each other," one member shared. The atmosphere fosters friendships, making each training session enjoyable and inspiring.

Professional Coaching and Personalized Plans

The trainers at NorthEast Health Performance are highly skilled and dedicated to your success. They understand that every individual has unique needs, which is why **appointments are recommended**. Personal training sessions are designed to ensure that clients receive the attention and guidance necessary to achieve their fitness goals.

A member noted, "Each session I'm pushed to be better, and the coaching outside the gym is also fantastic." This commitment to individual progress allows each person to thrive, regardless of their starting point.

Flexible Scheduling and Tailored Workouts

With various classes and flexible schedules, fitting a workout into your day has never been easier. Members appreciate the multiple options available that cater to different fitness levels. One user commented on the extensive programming, stating, "There are a bunch of different options to choose from, making it easy to find a class that suits my needs."

Join the NorthEast Community

Whether you're a beginner or a seasoned athlete, NorthEast Health Performance welcomes everyone. The coaches focus not only on physical fitness but also on fostering a healthy mindset. As one member eloquently put it, "It's a place that helps you live a better life outside the gym."

Don't miss out on being part of this incredible community. Experience the support, dedication, and transformational fitness journey at **NorthEast Health Performance** today!

Our business is located at

271 Main St, 10709 Eastchester, New York - United States (US)

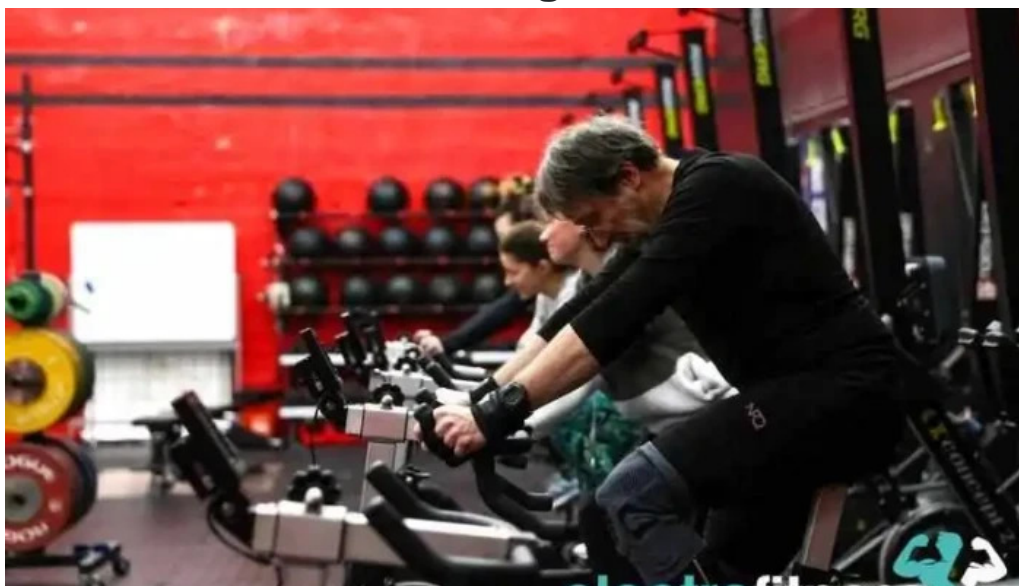
Our business hours are:

Day Hours
Monday
9:30–11:30?AM
Tuesday
5:30?AM–8:30?PM
Wednesday
5:30?AM–8:30?PM
Thursday
5:30?AM–8:30?PM
Friday
5:30?AM–8:30?PM
Saturday
5:30?AM–8:30?PM
Sunday
7:30–10:30?AM

The website is NorthEast Health Peformance

If you require to update any information that you think is incorrect regarding this portal, we urge you to forward a message so that we will adjust it as soon as possible. Thank you in advance thanks.

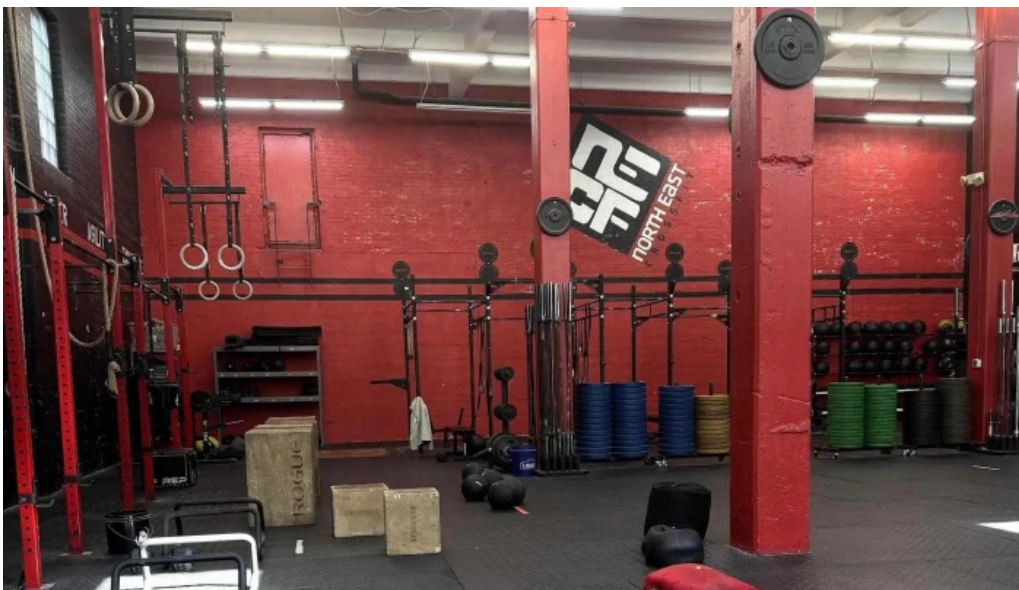
Images



Northeast health peformance training



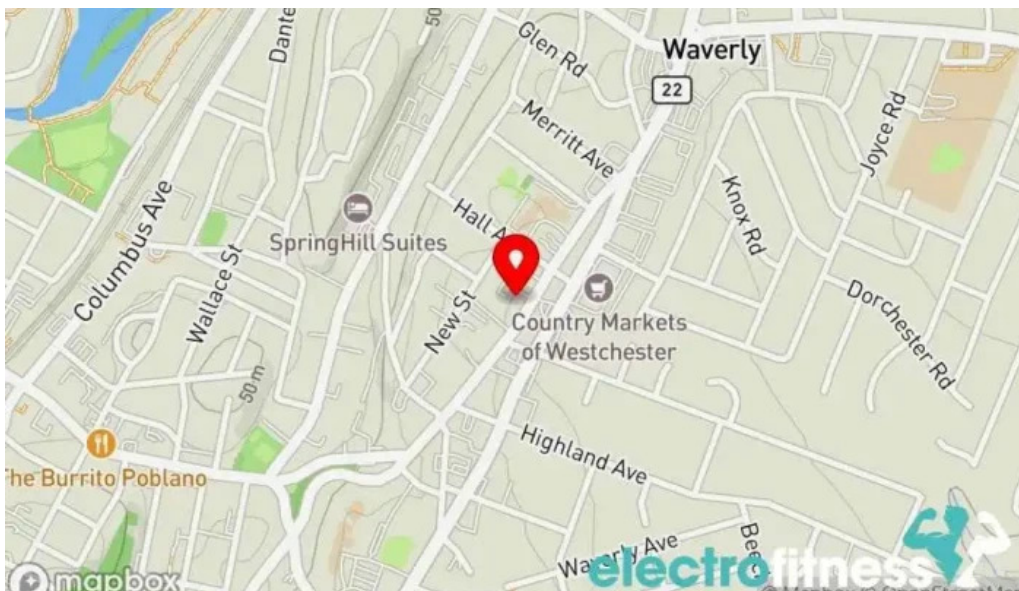
Northeast health peformance physical fitness



Northeast health peformance personal trainer



Northeast health performance number



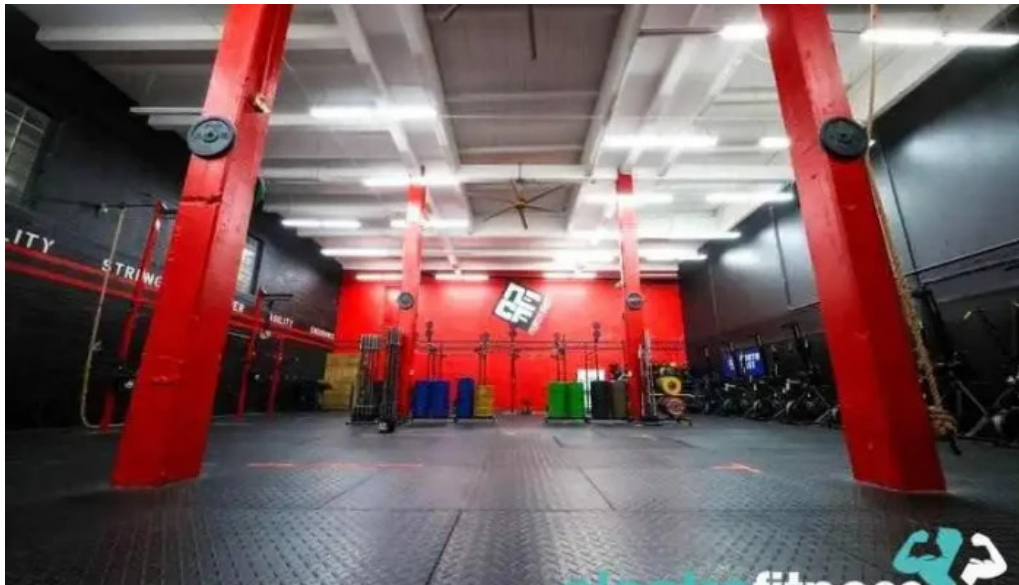
Northeast health performance map



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Tags

Accessibility, Wheelchair-accessible car park, Appointments recommended, Amenities, Planning, Toilet

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boxing ring
children's party service
chiropractor
church
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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
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health consultant
health food restaurant
health food store
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hospital
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karate club
karate school
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kinesiologist
kinesiotherapist
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pharmacy
physical fitness program
physical therapist
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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
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weight loss service
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wellness center
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