

## Nj Personal Fitness - Franklin Lakes

franklin lakes

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## *Nj Personal Fitness - Franklin Lakes*

### **Experience Personal Fitness Training in Franklin Lakes, NJ**

If you're looking for a place to enhance your fitness journey, **\*\*Personal Trainer NJ Personal Fitness\*\*** located in Franklin Lakes, New Jersey, offers a unique blend of expertise and accessibility. With experienced trainers like Jim and Fred, clients have reported impressive results both physically and mentally.

## **Amenities That Enhance Your Experience**

The facility is not only beautiful and clean but also designed with **\*\*accessibility\*\*** in mind. It features: - **\*\*Wheelchair-accessible entrance\*\*** - **\*\*Wheelchair-accessible toilet\*\*** - **\*\*Wheelchair-accessible car park\*\*** These amenities ensure that every client can enjoy the training environment comfortably.

## **Appointment Recommendations and Service Options**

To maximize your experience, appointments are recommended. This allows trainers to tailor sessions specifically to your goals. Whether you are looking for on-site services or opting for online classes, the flexibility is there to meet your needs.

## **Client-Centric Approach**

The trainers at Personal Fitness take pride in their commitment to each client's progress. Many testimonials highlight how **\*\*Jim LaFratte\*\*** and **\*\*Fred\*\*** focus on individual needs, tailoring programs that are either intense or moderate based on personal preferences. Many clients have praised Jim's knowledge of physiology and modern training techniques. His ability to explain how exercises work and what effects they have on the body sets him apart. For example, one client noted how he effectively diagnosed and treated a previous injury, leading to a quick recovery and long-term maintenance.

## **On-Site Services That Deliver Results**

With a focus on personalized attention, clients report significant improvements in strength, flexibility, and overall wellness. Whether you're new to fitness or a seasoned athlete, Jim's engaging style makes workouts enjoyable. As mentioned in various reviews, training sessions are informative and entertaining, making each visit something to look forward to.

## **The Impact of Personal Training**

Clients have expressed feeling better both physically and mentally after working with Jim and Fred. The supportive atmosphere encourages confidence and motivation, leading to noticeable changes in energy levels and body composition. Think of Personal Trainer NJ Personal Fitness as more than just a gym; it's a community focused on achieving personal health and wellness goals.

## **Conclusion**

Make the smart choice for your health and fitness needs by considering Personal Trainer NJ Personal Fitness in Franklin Lakes, NJ. With excellent amenities, knowledgeable trainers, and a commitment to your success, this facility stands out as a premier option for anyone serious about improving their fitness journey. Don't hesitate—take the first step toward a healthier you today!

## Our business is located at

808 High Mountain Rd, 07417 Franklin Lakes, New Jersey - United States (US)

The contact line of the respective **Personal trainer** is +1973-464-7775

And if you want to send a WhatsApp, you can do so at +1973-464-7775

## Our opening hours are:

Day	Hours
Monday	7?AM–5?PM
Tuesday	6?AM–7?PM
Wednesday	6?AM–7?PM
Thursday	6?AM–7?PM
Friday	6?AM–7?PM
Saturday	6?AM–7?PM
Sunday	7?AM–5?PM

If necessary to change any information that you consider is not accurate about this site, we ask send a message and we will correct it as soon as possible. With anticipation thanks.

## Images



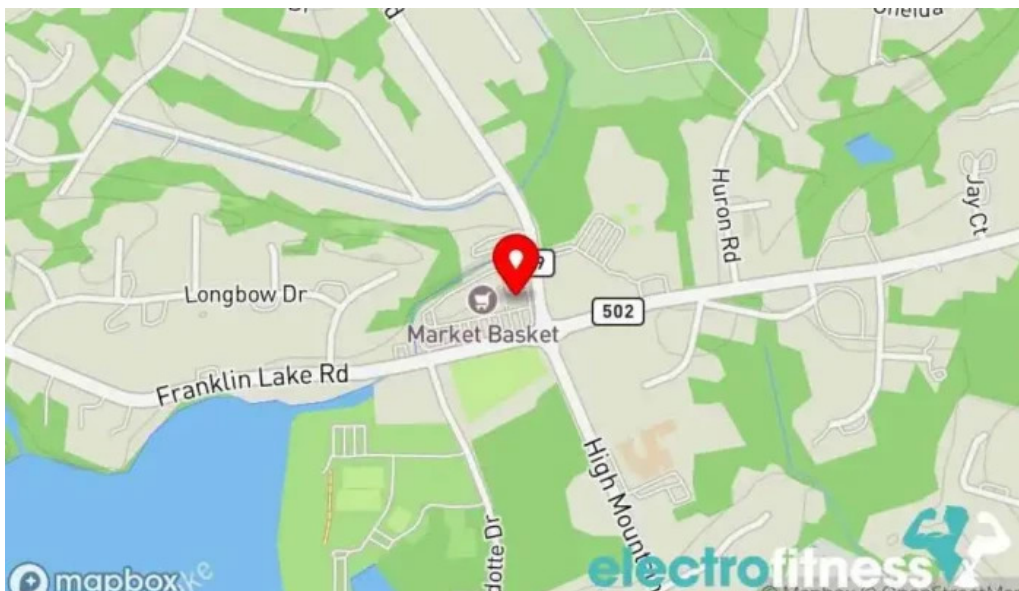
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## Tags

*Wheelchair-accessible car park, On-site services, Wheelchair-accessible toilet, Toilet, Wheelchair-accessible entrance, Amenities, Appointments recommended, Service options, Planning, Online classes, Accessibility*

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basketball court
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body shaping class
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boxing gym
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corporate office
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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
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golf club
golf course
golf instructor
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kinesiologist
kinesiotherapist
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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
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sports nutrition store
sports school
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swimming pool
swimming school
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water park
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wellness program
women's organization
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