

## Varsity House Personal Training Ridgewood - Ridgewood

ridgewood

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ridgewood

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### Discover Varsity House Personal Training in Ridgewood, NJ

Welcome to **Varsity House Personal Training**, an exceptional fitness destination located in Ridgewood, New Jersey. This gym not only focuses on personal training but also fosters a supportive community atmosphere that motivates its members to push past their limits.

### Accessibility and Amenities

At Varsity House, **accessibility** is a top priority. The facility features a

**\*\*wheelchair-accessible toilet\*\*** and a **\*\*wheelchair-accessible car park\*\***, ensuring that everyone can enjoy their workout experience without barriers. The gym is designed for comfort and convenience, allowing you to focus on your fitness journey.

## Planning Your Workouts

When visiting Varsity House, it is recommended to make **\*\*appointments\*\*** to secure your spot in the small group classes. These classes are tailored to fit various fitness levels, ensuring that each member receives the personalized attention they need to thrive. With well-structured workout routines that frequently vary, you'll never feel bored or stagnant in your progress.

## A Supportive Community

What sets Varsity House apart from other gyms is its incredible community. Members routinely rave about the welcoming atmosphere and the encouragement they receive from trainers and fellow clients alike. Coaches Kat and Colin exemplify this supportive environment, offering personalized guidance while maintaining an engaging and fun workout experience.

## Why Choose Varsity House?

Clients consistently highlight the expertise of trainers like Coach Kat and Coach Colin, noting their attentiveness and ability to modify exercises according to individual needs. Whether you're recovering from an injury or simply looking to enhance your fitness routine, Varsity House accommodates all levels effectively. With amenities designed for comfort and a community that feels like family, Varsity House Personal Training is more than just a place to work out; it's a place to grow stronger, healthier, and happier. In summary, if you're in Ridgewood, NJ, and searching for a personal trainer that emphasizes accessibility, personalized planning, and community support, look no further than Varsity House. Your fitness journey awaits!

## You can find us in

223 Chestnut St Unit 3, 07450 Ridgewood, New Jersey - United States (US)

The phone number of said **Personal trainer** is +1201-429-0095

And if you want to send a WhatsApp, you can do so at +1201-429-0095

## We look forward to seeing you at:

Day Hours  
Monday

Closed  
Tuesday  
6:30?AM–8?PM  
Wednesday  
6:30?AM–8?PM  
Thursday  
6:30?AM–8?PM  
Friday  
6:30?AM–8?PM  
Saturday  
6:30?AM–8?PM  
Sunday  
7?AM–2?PM

The website is [Varsity House Personal Training Ridgewood](#)

If you need to adjust any information that you feel is incorrect about this portal, we urge you to send a message and we will handle it quickly. Thank you in advance thanks for your cooperation.

## Images



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*Varsity house personal training ridgewood street view 360deg*



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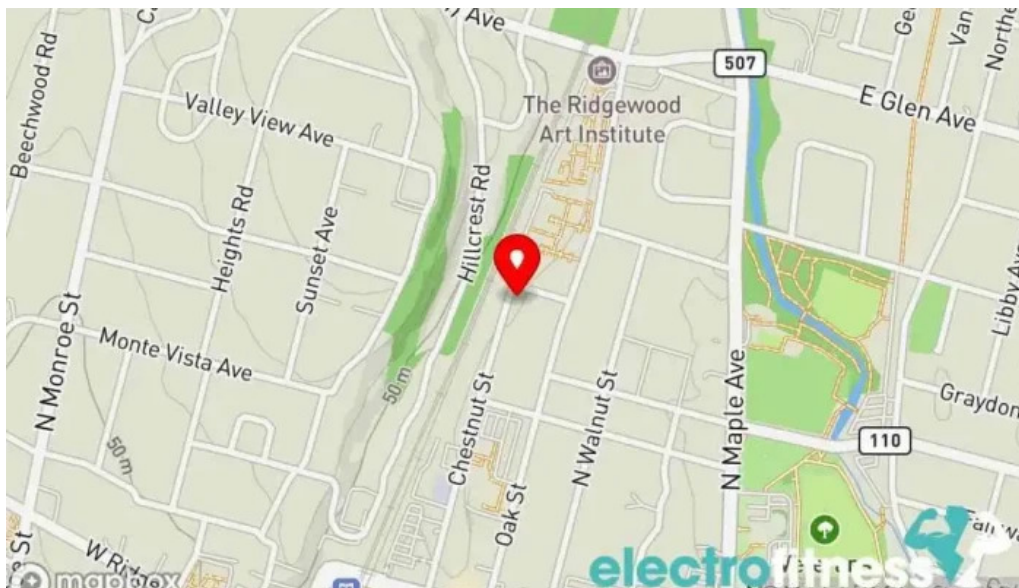
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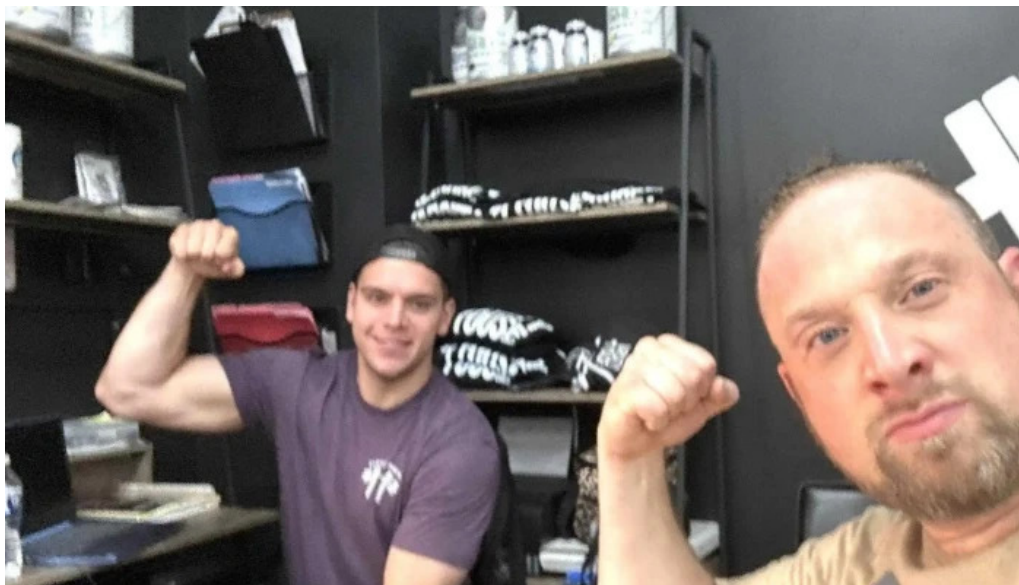


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## Tags

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

## Related content

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**5.0 \*** *Row House Fitness Westlake Village - Westlake Village*

<b>4.9 *</b>	<i>Muscle House and Fitness - Indian Head</i>
<b>4.7 *</b>	<i>The Iron House - Alamo</i>
<b>4.9 *</b>	<i>Abilene Yoga House + - Abilene</i>
<b>5.0 *</b>	<i>Tca Field House - Addison</i>
<b>3.0 *</b>	<i>River House Yoga - East Montpelier</i>
<b>4.9 *</b>	<i>Row House Fitness North Hills - Pittsburgh</i>

## 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