

## The Fusion House Fitness - White Plains

white plains

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*white plains*

## *The Fusion House Fitness - White Plains*

### **Discover The Fusion House Fitness: Your Ultimate Physical Fitness Program in White Plains, NY**

The Fusion House Fitness is more than just a gym; it's a vibrant community dedicated to helping individuals achieve their fitness goals in a welcoming and inclusive environment. Located in White Plains, New York, this veteran-owned and Latino-owned fitness facility prioritizes accessibility and comfort for all its members.

## **Accessibility and Amenities**

At The Fusion House Fitness, **accessibility** is a top priority. The facility features gender-neutral toilets and a **wheelchair-accessible entrance**, ensuring that everyone feels welcome and comfortable. There's also a **wheelchair-accessible car park**, providing easy access for all members. For those driving in, enjoy the convenience of a **free parking lot**, with additional **free-of-charge street parking** options available. Paid street parking is also offered for those who need it.

## **Community Engagement and Support**

The sense of community at The Fusion House Fitness is palpable. Members appreciate the friendly atmosphere, which is not just about working out—it's about building relationships. The gym is proud to identify as **LGBTQ+ friendly** and a **transgender safe space**, making it an inclusive environment where people from all walks of life can thrive.

## **Diverse Training Options**

Offering a variety of training options, The Fusion House provides everything from engaging group classes to personalized training sessions. Members have reported significant transformations through programs such as kickboxing, boot camp, and strength training. The availability of **online classes** also ensures that members can participate from the comfort of their homes, further promoting fitness accessibility.

## **Personal Training Excellence**

One standout feature of The Fusion House Fitness is the outstanding personal training provided by experienced trainers like Anthony and Jaky. Their tailored approach helps each member set and achieve realistic fitness goals. Testimonials highlight how clients feel stronger, healthier, and more confident after just a short time under their guidance. The trainers focus on proper form to prevent injuries, fostering a supportive atmosphere conducive to growth.

## **On-Site Services and Support**

In addition to fitness training, The Fusion House offers **on-site services** including nutritional guidance and wellness coaching. Whether you're planning your first workout or strategizing to crush longstanding fitness goals, the staff is there to support you every step of the way. An experienced physical therapist is also available to assist with any aches and pains, reinforcing the gym's commitment to comprehensive health.

## **Join the Fusion House Family!**

If you're looking for a gym that truly cares about its members and fosters a positive, motivating environment, look no further than The Fusion House Fitness. With its inclusive policies, skilled trainers, and engaging class options,

it's no wonder many consider it the best gym in White Plains. Ready to embark on your fitness journey? Schedule an appointment today and discover how The Fusion House can help transform your life **\*\*free of charge\*\***!

### **We are based in**

126 S Lexington Ave, 10606 White Plains, New York - United States (US)

The contact phone of said **Physical fitness program** is +1914-615-9796

And if you want to send a WhatsApp, you can do so at +1914-615-9796

### **Visit us during the following hours:**

Day Hours  
Monday

8?AM–2?PM

Tuesday

5:30?AM–8?PM

Wednesday

8?AM–8?PM

Thursday

5:30?AM–8?PM

Friday

8?AM–8?PM

Saturday

5:30?AM–7?PM

Sunday

8?AM–2?PM

The website is The Fusion House Fitness

If you require to update any detail that you consider is not correct related to this page, please send a message so that we will handle it promptly. Thanks beforehand we appreciate it.

## **Images**



*The fusion house fitness white plains*

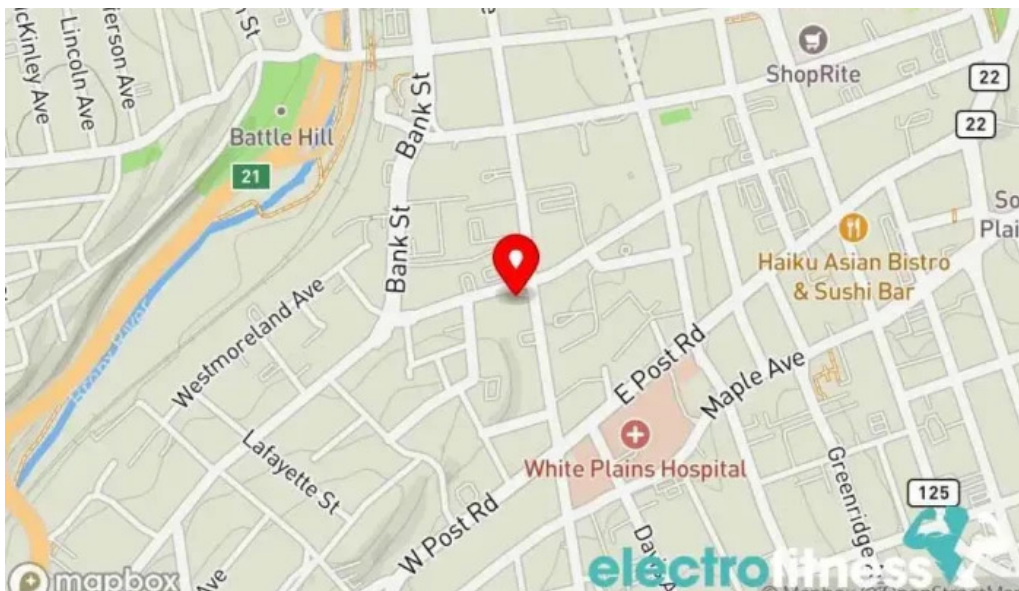


*The fusion house fitness street view 360deg*





*The fusion house fitness physical fitness program*



*The fusion house fitness map*



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## Tags

*Wheelchair-accessible entrance, Planning, Accessibility, Identifies as veteran-owned, LGBTQ+ friendly, Identifies as Latino-owned, Free parking lot, Gender-neutral toilets, Toilet, Free of charge street parking, Wheelchair-accessible toilet, Parking, Appointment required, Wheelchair-accessible car park, Crowd, Online classes, Service options, Amenities, From the business, Transgender safe space, Paid street parking, On-site services*

## Related content

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**5.0 \*** [Fitness Fusion - Easthampton](#)

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<b>5.0 *</b>	<i>Bee Yoga Fusion - Greenbelt</i>
<b>5.0 *</b>	<i>F.i.t. By Tc - White Plains</i>
<b>5.0 *</b>	<i>Studio B.o.s.s. - White House</i>
<b>5.0 *</b>	<i>Kinetic Performance Fitness - White Plains</i>
<b>5.0 *</b>	<i>Fusion Yoga - Fort Wayne</i>
<b>4.6 *</b>	<i>Fusion Fitness 24/7 Llc - Wayland</i>
<b>4.9 *</b>	<i>Iron House Strength &amp; Conditioning - Hermitage</i>

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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