

Cs Fit Pilates - Allendale

allendale

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Welcome to CS Fit Pilates: Where Wellness Meets Community

Located in the heart of Allendale, New Jersey, CS Fit Pilates is more than just a Pilates studio; it's a thriving community that promotes wellness and inclusivity. This **women-owned** business has carved a niche for itself, offering **LGBTQ+ friendly** services and ensuring that everyone feels welcome.

Outstanding Accessibility Features

CS Fit Pilates takes pride in its commitment to accessibility. The studio features a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, ensuring easy access for all members of the community. Additionally, there is **free parking** available in the lot, along with **free of charge street parking** options for those who prefer it.

On-Site Services Tailored for Everyone

The studio offers a variety of **on-site services** including personalized Pilates classes that cater to individual needs. Appointments are recommended, as they help tailor each session to the participants' unique requirements. In case you can't make it to the studio, CS Fit also provides **online classes** for those who prefer training from home.

A Safe Space for Mutual Support

CS Fit Pilates is proud to identify as a **transgender safe space**, ensuring that everyone, regardless of their identity, can enjoy a supportive environment. The focus on community is palpable; many members return not just for classes, but for the friendships formed within.

A Commitment to Excellence

Both Cara and Nicole, the talented instructors at CS Fit, have earned high praise from members. One member stated, "Cara is the absolute best! Her classes are fun, challenging, and always different." Another noted, "Nicole explained everything and answered any questions I had along the way," highlighting the attentive nature of the instructors.

Facilities and Amenities

The studio boasts pristine facilities, ensuring a clean and welcoming atmosphere for everyone. It includes essential **amenities** like **toilets** and a **swimming pool** for those looking to enhance their wellness journey further. Planning your visit is easy, thanks to ample parking and an organized scheduling system.

Join the CS Fit Community Today!

If you're looking for a place that combines fitness with friendship, look no further than CS Fit Pilates. With engaging classes, expert instructors, and a commitment to inclusivity and accessibility, you'll find a supportive community waiting for you. Experience the difference today!

We are based in

140 W Allendale Ave, 07401 Allendale, New Jersey - United States (US)

The phone of the respective **Pilates studio** is +1551-427-1384

And if you want to send a WhatsApp, you can do so at +1551-427-1384

We look forward to seeing you at:

Day	Hours
Monday	5?AM–7:30?PM
Tuesday	5?AM–7:30?PM
Wednesday	9?AM–12?PM
Thursday	9?AM–12?PM
Friday	5?AM–7:30?PM
Saturday	5?AM–7:30?PM
Sunday	5?AM–7:30?PM

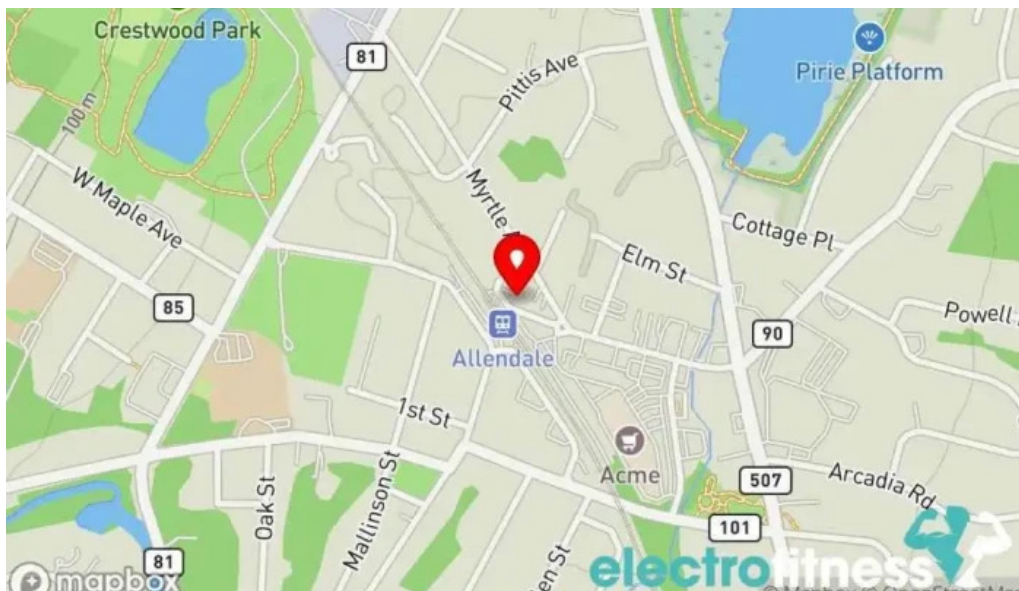
The website is CS Fit Pilates

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Images



Cs fit pilates street view 360deg



Cs fit pilates map



Cs fit pilates by owner



Cs fit pilates allendale



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Tags

Crowd, Transgender safe space, Appointment required, Assistive hearing loop, LGBTQ+ friendly, Identifies as women-owned, Service options, From the business, On-site services, Accessibility, Free parking lot, Appointments recommended, Online classes, Amenities, Planning, Swimming pool, Parking, Wheelchair-accessible entrance, Free of charge street parking, Toilet, Wheelchair-accessible car park

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parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
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rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
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school district office
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