

# Fitness Fun in Englewood

## 24 Hour Fitness

*Swimming pool, intro-3 day free gym pass, \$39.99 per month unlimited, no initiation fee for seniors*  
150 Sylvan Ave, Englewood Cliffs  
Phone: 888-243-5002  
Website: 24hfenglewoodcliffs.com

## Bamboo Moves

*Yoga, senior-friendly. Intro rate \$40 for 1 month unlimited classes; reg price \$22 per class. 15% discount on classes and packages for seniors*  
12 Engle St #300, Englewood  
Phone: 201-871-7000  
Website: bamboomovesenglewood.com

## The Bar Method

*Free class offered; buy a package of classes, get 25% off, \$99 1 month unlimited classes.*  
525 N. Dean Street, Englewood  
Phone: 201-567-6006  
Website: englewood.barmethod.com

## Club Pilates

*Offers free intro class 30 minutes. Will assess for right level of fitness goals*  
19 West Palisade Ave, Englewood  
Phone: 201-568-1700  
Website: clubpilates.com/englewood

## The Fit Factory

*Very high intensity, no special pricing*  
100 S. Van Brunt St, Englewood  
Phone: 201-655-5500  
Website: fitfactorynj.com

## Get In Shape for Women

*Personal training small groups of 4, weight loss is primary goal, 30-60 min free trial*  
35 S. Van Brunt St, Englewood  
Phone: 201-608-5301  
Website: getinshapeforwomen.com

## The Gym

*Senior friendly, offers many classes, free training, senior discounts*  
20 Nordhoff Place, Englewood  
Phone: 201-567-0429  
Website: gettothegym.com

## I Love Kickboxing

*3 classes for \$19.99 and a free pair of boxing gloves; VERY high intensity*  
35 Nathaniel Pl, Englewood  
Phone: 201-731-3150  
Website: ilovekickboxing.com

## Kaeos Fitness

*\$40 for 1/2 hour, \$55 for 45 minutes. Good for joint pain; no discounts*  
106 Grand Avenue, Englewood  
Phone: 201-567-0429  
Website: wellnessliving.com

## New York Sports Club

*Free class in burn, zumba, cycling; offers special pricing for seniors, classes and full gym*  
34-36 Van Brunt St, Englewood  
Phone: 201-569-1175  
Website: 24hourfitness.com/freepass

## Progressive Dance Studio

*Free trial class, Adult Hip Hop, Tap, Theatre Jazz, Bollywood*  
27 Van Brunt St, Englewood  
Phone: 201-894-1333  
Website: progressivedancestudio.com

## Real Hot Yoga

*Very high intensity, not recommended for seniors*  
88 Engle St, Englewood  
Phone: 201-567-0800  
Website: englewood.realhotyoga.net

## Southeast Senior Center (SESCIL)

*Aerobics, Belly Dancing, Stretch-Flex, Meditation, Yoga, Chi Kung, Tai Chi; \$50 annual fee includes all classes.*  
228 Grand Avenue, Englewood  
Phone: 201-569-4080  
Website: sescil.com

## Tiger Shulman Martial Arts

*Adult classes, self-defense, free intro class*  
104 Grand Ave, Englewood  
Phone: 201-268-5642  
Website: tsk.com/locations/englewood