What are the gym and Pilates studio operating hours?

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Frequently Asked Questions: What are the gym and Pilates studio operating hours?

Welcome to Physical Equilibrium, your premier workout facility, including a gym and Pilates studio with private personal trainers and Pilates teachers located in Midtown Manhattan, New York City!

What are the NYC midtown gym's operating hours?

Our gym located at 515 Madison Ave (East 53rd street between Park and Madison Avenue) is open and ready to help you achieve your fitness goals at the following operating hours:

- Monday to Friday: 6:00 AM - 9:00 PM
- Saturday: 8:00 AM - 4:00 PM
- Sunday: 8:00 AM - 4:00pm

Although since we book private appointments only, we can be available outside of these hours if you need earlier or later times.

We understand that everyone has different schedules, so we strive to provide you with ample time to fit in your workouts.

Whether you're an early riser looking to start your day with an energizing workout, or prefer to hit the gym after work, our extended hours allow you the flexibility to exercise at your convenience.

Our friendly and experienced trainers are available during these operating hours and possibly outside of them to assist you and provide guidance tailored to your individual needs and goals.

At Physical Equilibrium, we value your time and prioritize your well-being. We want to make your fitness journey enjoyable and rewarding, which is why our team is dedicated to providing a supportive and motivating environment.

So, why not join us and experience the difference for yourself?

Our top-notch facilities, including state-of-the-art equipment and a clean and spacious workout space, create the ideal setting for you to challenge yourself and reach new heights in your fitness journey.

If you have any questions about our operating hours or any other inquiries, feel free to reach out to us. We're here to help!

Call us at (917) 873-6100 or visit our contact page to get in touch.

Start your fitness journey with Physical Equilibrium today and let us guide you towards a healthier and happier future!