Where is Physical Equilibrium located in Midtown Manhattan?

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Frequently Asked Questions: Where is Physical Equilibrium located in Midtown Manhattan?

1. Where is Physical Equilibrium located in Midtown Manhattan?

Physical Equilibrium is located in Midtown Manhattan, specifically at 515 Madison Avenue in the Dumont Building on 53rd between Park and Madison Avenue, New York City, NY 10022. We are on the 5th floor. Our facility is easily accessible and conveniently situated in the heart of Midtown Manhattan.

2. How can I contact Physical Equilibrium?

You can reach us at +1(917) 873-6100. Our friendly staff is ready to assist you with any questions or concerns you may have. We are here to provide you with the information you need to start your fitness journey with us. Feel free to text or call us. You can also fill out the contact form on our contact page.

3. What services does Physical Equilibrium offer?

At Physical Equilibrium, we offer a wide range of services to cater to your fitness and wellness needs. Our services include personal training, Pilates, nutrition counseling, triathlon and run coaching, acupuncture, and massage therapy. We also provide post rehabilitation personal training and pre/postnatal training. Whether you're a beginner or an athlete, we have something for everyone. We

are also within Weiss Wellness, headed by Dr. Elise Weiss, a physiatrist. There are multiple physical therapists who are also integrated into our wellness space and gym.

4. Can I work out with a personal trainer at Physical Equilibrium?

Absolutely! We have experienced personal trainers who are dedicated to helping you achieve your health and fitness goals. Our trainers will tailor a workout plan specifically for you, taking into consideration your individual needs and preferences. Get ready for personalized attention and motivation to push you to your limits.

5. Are virtual sessions available at Physical Equilibrium?

Yes, we offer virtual sessions for those who are not able to visit our studio. With our virtual sessions, you can receive professional guidance and instruction from our trainers in the comfort of your own home. Stay connected with us and stay on track with your fitness goals.

6. Can Physical Equilibrium accommodate individuals with specific health conditions or injuries?

Absolutely! We collaborate closely with medical professionals such as physicians, physical therapists, and chiropractors to ensure a holistic approach to your fitness journey. Whether you're recovering from an injury or managing a specific health condition, our trainers will work with you and your healthcare team to develop a safe and effective fitness plan.

7. Does Physical Equilibrium offer gym design services?

Yes, we offer gym design services for those who are looking to create their own fitness space at home or in the office. Our experts can help you optimize your space and select the right equipment to suit your needs and preferences.

We invite you to come and experience the difference at Physical Equilibrium. Our dedicated team is here to support you on your fitness journey and help you build a healthier and happier future for

yourself. Contact us today to get started!