

Darien Chamber of Commerce

Directory Listing as of 12-02-2024

Category: FITNESS



B

Bar Method Darien, The

[\(203\) 202-7975](tel:(203)202-7975)

[800 Post Road, Darien, CT 06820](http://www.barmethod.com/darien)

<http://www.barmethod.com/darien>

darien@barmethod.com

Accepts Town Wide Gift Certificates/ FITNESS

D

Danny's Cycles Darien LLC

[\(203\) 355-0002](tel:(203)355-0002)

[1950 Post Road, Darien, CT 06820](http://www.dannyscycles.com)

<http://www.dannyscycles.com>

darien@dannyscycles.com

Accepts Town Wide Gift Certificates/ FITNESS/
SPORTING GOODS

Darien Pilates

[\(203\) 722-6608](tel:(203)722-6608)

[28 Thorndal Circle, Darien, CT 06820](http://darienpilates.com/)

<http://darienpilates.com/>

hello@darienpilates.com

Accepts Town Wide Gift Certificates/ FITNESS

Darien YMCA

[\(203\) 655-8228](tel:(203)655-8228)

[2420 Post Road, Darien, CT 06820](http://www.darien-ymca.org)

<http://www.darien-ymca.org>

EDUCATION/YOUTH PROGRAMS/TUTOR/ FITNESS/
NON-PROFITS

DL Studio (Dance on the DL)

[\(203\) 202-9764](tel:(203)202-9764)

[25 Old Kings Highway North](http://www.danceonthedl.com)

<http://www.danceonthedl.com>

info@danceonthedl.com

Accepts Town Wide Gift Certificates/ FITNESS

E

Evolution Physical Therapy and Fitness

[475-209-9420](tel:475-209-9420)

[349 Post Road Darien, CT 06820](http://evolutionphysicaltherapy.com)

<http://evolutionphysicaltherapy.com>

officedarien@evolution-pt.com

FITNESS/ HEALTHCARE

G

Goodfit Fitness Studio

[\(203\)-615-2144](tel:(203)-615-2144)

[528 Post Road Darien, CT 06820](http://www.goodfitdarien.com)

<http://www.goodfitdarien.com>

ellen@goodfitdarien.com

Accepts Town Wide Gift Certificates/ FITNESS

I

Inspire Train Fit

[203-644-6688](tel:203-644-6688)

[770 Boston Post Road, Darien, CT 06820](mailto:allison@inspiretrainfit.com)

allison@inspiretrainfit.com

FITNESS/ PERSONAL CARE & WELLNESS

K

Kings Highway Tennis Club

[203.655.8769](tel:203.655.8769)

[98 Old Kings Highway North Darien, CT 06820](http://www.kingshwytennis.com)

<http://www.kingshwytennis.com>

Accepts Town Wide Gift Certificates/
EDUCATION/YOUTH PROGRAMS/TUTOR/ FITNESS/
SPORTING GOODS

Kung Fu Karate SDSS Darien

[\(203\) 656-1111](tel:(203)656-1111)

[25 Old Kings Highway North Darien, CT 06820](http://www.sdsskungfu.com)

<http://www.sdsskungfu.com>

sdssdarien@aol.com

FITNESS

L

Linda Stephens Fitness, LLC

[917-592-6534](tel:917-592-6534)

[200 Glover Avenue Suite 520B Norwalk CT 06850](http://www.lindamstephens.com)

<http://www.lindamstephens.com>

lindaifbbpro@gmail.com

Accepts Town Wide Gift Certificates/ FITNESS

LYMBR

[\(203\) 875-0032](tel:2038750032)

[679 Boston Post Road, Darien, CT 06820](https://www.belymbr.com)

<http://www.belymbr.com>

darien@belymbr.com

FITNESS

S

Salt + Sweat

[203-202-2935](tel:2032022935)

[144 Heights Road, Darien Commons, Darien, CT 06820](https://www.saltandsweat.com)

<http://saltandsweat.com>

jgunzer@saltandsweat.com

Accepts Town Wide Gift Certificates/ FITNESS/
PERSONAL CARE & WELLNESS
