

Darien Chamber of Commerce

Directory Listing as of 05-25-2026

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 and/or e-Gift Card/ FITNESS

C

Concierge Physical Therapy, PLLC

[516-458-9590](tel:516-458-9590)

[130 Holmes Ave PO Box 2327 Darien, CT 06820](https://www.concierge-physicaltherapy.com/)

<https://www.concierge-physicaltherapy.com/>

elovsky11@yahoo.com

FITNESS/ HEALTHCARE

D

Dance on the DL (DL Studio)

[\(203\) 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 and/or e-Gift Card/ EDUCATION/YOUTH PROGRAMS/TUTOR/ FITNESS

Danny's Cycles Darien LLC

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

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

<http://www.dannycycles.com>

darien@dannycycles.com

Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS/ SPORTING GOODS

Darien Pilates

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

[53 Old Kings Hwy N, Second Floor, Darien, CT 06820](http://darienpilates.com/)

<http://darienpilates.com/>

hello@darienpilates.com

Accepts Town Wide Gift Certificates and/or e-Gift Card/ 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

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 and/or e-Gift Card/ 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

J

JETSET Pilates Darien

[\(203\) 875-0045](tel:(203)875-0045)

[25 Old Kings Highway N., Darien, CT 06820](https://jetsetpilates.com/ct/darien/)

<https://jetsetpilates.com/ct/darien/>

darien@jetsetpilates.com

Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS

K

Kung Fu Karate SDSS Darien

[\(203\) 656-1111](tel:2036561111)

[25 Old Kings Highway North Darien, CT 06820](https://www.sdsskungfu.com/martial-arts-darien/)

<https://www.sdsskungfu.com/martial-arts-darien/>
sdssdarien@aol.com

EDUCATION/YOUTH PROGRAMS/TUTOR/ FITNESS

L

Linda Stephens Health & Wellness, LLC

[917-592-6534](tel:9175926534)

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

<http://www.lindamstephens.com>

lindaifbbpro@gmail.com

Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS

LYMBR

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

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

<http://www.belymbr.com>

info@belymbr.com

FITNESS

M

Melanie Pabon Fitness

[914-649-1678](tel:9146491678)

[16 Donna Drive, Suite 29, Norwalk, CT 06854](http://melaniepabonfitness.com)

<http://melaniepabonfitness.com>

melaniepabonfitness@gmail.com

Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS

P

Pvolve Darien

[203-487-8649](tel:2034878649)

[326 Heights Rd., Darien, CT 06820 \(Heights Crossing\)](https://app.pvolve.com/locations/darien)

<https://app.pvolve.com/locations/darien>

cpartouche@pvolvestudios.com

FITNESS

S

Spring Pilates

[203-274-5969](tel:2032745969)

[13 Grove Street - Space B, Darien, CT 06820](http://www.springpilatesdarien.com)

<http://www.springpilatesdarien.com>

info@springpilatesdarien.com

Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS

Stretch Zone

[203-914-7156](tel:2039147156)

[1077 Post Road Darien, CT 06820](http://www.stretchzone.com/locations/darien-ct)

[http://](http://www.stretchzone.com/locations/darien-ct)

<https://www.stretchzone.com/locations/darien-ct>

darien@stretchzone.com

Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS/ HEALTHCARE/ PERSONAL CARE & WELLNESS

T

Tremble Darien

[203-979-7583](tel:2039797583)

[264 Heights Road, Darien, CT 06820](https://www.makeittremble.com/darien)

<https://www.makeittremble.com/darien>

darien@makeittremble.com

FITNESS
