Darien Chamber of Commerce

Directory Listing as of 11-28-2026

Category: FITNESS

B

Bar Method Darien, The
(203) 202-7975
800 Post Road, Darien, CT 06820
http://www.barmethod.com/darien
darien@barmethod.com
Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS

C

Chelsea Piers Connecticut
203-989-1000
1 Blachley Road Stamford, CT 06902
https://www.chelseapiers.com/athleticclub-stamford
info-ct@chelseapiers.com
EDUCATION/YOUTH PROGRAMS/TUTOR/ FITNESS

Concierge Physical Therapy, PLLC
516-458-9590
130 Holmes Ave PO Box 2327 Darien, CT 06820
https://www.concierge-physicaltherapy.com/
elovsky11@yahoo.com
FITNESS/ HEALTHCARE

D

Dance on the DL (DL Studio)
(203) 202-9764
25 Old Kings Highway North
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
1950 Post Road, Darien, CT 06820
http://www.dannyscycles.com
darien@dannyscycles.com
Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS/ SPORTING GOODS

Darien Pilates
(203) 722-6608
53 Old Kings Hwy N, Second Floor, Darien, CT 06820
http://darienpilates.com/
hello@darienpilates.com
Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS

Darien YMCA
(203) 655-8228
2420 Post Road, Darien, CT 06820
http://www.darien-ymca.org
EDUCATION/YOUTH PROGRAMS/TUTOR/ FITNESS/ NON-PROFITS

E

Evolution Physical Therapy and Fitness
475-209-9420
349 Post Road Darien, CT 06820
http:// evolutionphysicaltherapy.com
officedarien@evolution-pt.com
FITNESS/ HEALTHCARE

G

Goodfit Fitness Studio
(203)-615-2144
528 Post Road Darien, CT 06820
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
770 Boston Post Road, Darien, CT 06820
allison@inspiretrainfit.com
FITNESS/ PERSONAL CARE & WELLNESS

J

JETSET Pilates Darien
(203) 875-0045
25 Old Kings Highway N., Darien, CT 06820
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
25 Old Kings Highway North Darien, CT 06820
https://www.sdsskungfu.com/martial-arts-darien/
sdssdarien@aol.com
EDUCATION/YOUTH PROGRAMS/TUTOR/ FITNESS

L

Linda Stephens Health & Wellness, LLC
917-592-6534
200 Glover Avenue Suite 520B Norwalk CT 06850
http://www.lindamstephens.com
lindaifbbpro@gmail.com
Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS

M

Melanie Pabon Fitness
914-649-1678
16 Donna Drive, Suite 29, Norwalk, CT 06854
http://melaniepabonfitness.com
melaniepabonfitness@gmail.com
Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS

P

Pvolve Darien
203-487-8649
326 Heights Rd., Darie. CT 06820 (Heights Crossing)
https://app.pvolve.com/locations/darien
FITNESS

S

Spring Pilates
203-274-5969
13 Grove Street - Space B, Darien, CT 06820
http://www.springpilatesdarien.com
info@springpilatesdarien.com
Accepts Town Wide Gift Certificates and/or e-Gift Card/ FITNESS

Stretch Zone
203-914-7156
1077 Post Road Darien, CT 06820
http://
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
264 Heights Road, Darien, CT 06820
https://www.makeittremble.com/darien
darien@makeittremble.com
FITNESS