

## The Well, Pilates & Performance - Aiken

aiken

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## *The Well, Pilates & Performance - Aiken*

### Exploring The Well, Pilates & Performance in Aiken, South Carolina

The Well, Pilates & Performance, located in Aiken, South Carolina, is more than just a fitness center; it's a community hub where accessibility and wellness blend seamlessly.

#### Accessibility Features

One of the standout features of The Well is its **\*\*wheelchair-accessible entrance\*\*** and **\*\*car park\*\***, ensuring that everyone can enjoy a fulfilling workout experience. This commitment to accessibility reflects the center's

dedication to inclusivity, making it a welcoming space for individuals of all abilities.

## **Amenities for All Ages**

At The Well, you will find a variety of **amenities** designed to enhance your fitness journey. The facility is **good for kids**, providing a family-friendly atmosphere that encourages the younger generation to participate in health and wellness activities. Whether you are a parent looking for a supportive environment for your children or someone seeking a community vibe, The Well caters to all ages.

## **Service Options Tailored to You**

With a range of **on-site services**, The Well provides personalized training options. Clients have praised Catie, the head instructor, for her ability to design classes tailored to individual needs. From **one-on-one training** to group classes, participants can engage in an array of workouts, including Pilates, spin, and functional fitness. With such versatile **service options**, everyone can find what works best for their personal health goals.

## **Wellness Beyond Fitness**

In addition to exercise classes, The Well emphasizes holistic wellness. Their **restaurant** offers nutritious options, allowing members to refuel with healthy meals post-workout. This integration of nutrition and fitness is crucial for those looking to transform their bodies and lives, as noted by many satisfied clients.

## **A Community of Support**

The atmosphere at The Well is often described as **inviting** and **beautifully appointed**. This nurturing environment fosters camaraderie among members, creating a sense of belonging. Participants often leave class feeling uplifted, thanks to the positive reinforcement from instructors like Catie. Her commitment to seeing clients thrive extends beyond physical training, making every session feel personal and motivating.

## **Conclusion: A Place for Transformation**

The Well, Pilates & Performance in Aiken, SC, stands out not only for its exceptional **amenities** and **accessibility** but also for its community spirit and commitment to holistic health. By focusing on both body and soul, the fitness center elevates the fitness experience, making it a crucial part of the Aiken community. Whether you're dealing with chronic pain or simply looking to improve your fitness, The Well offers a balanced approach that meets diverse needs.

**The premises are located at**

232 Society Hill Dr SW, 29803 Aiken, South Carolina - United States (US)

The phone of said **Fitness center** is +1803-335-7226

And if you want to send a WhatsApp, you can do so at +1803-335-7226

### **Our service hours are:**

Day Hours

Monday

6:30?AM–5?PM

Tuesday

6:30?AM–4?PM

Wednesday

6:30?AM–12?PM

Thursday

6:30–9?AM

Friday

Closed

Saturday

6:30?AM–12?PM

Sunday

6:30?AM–4?PM

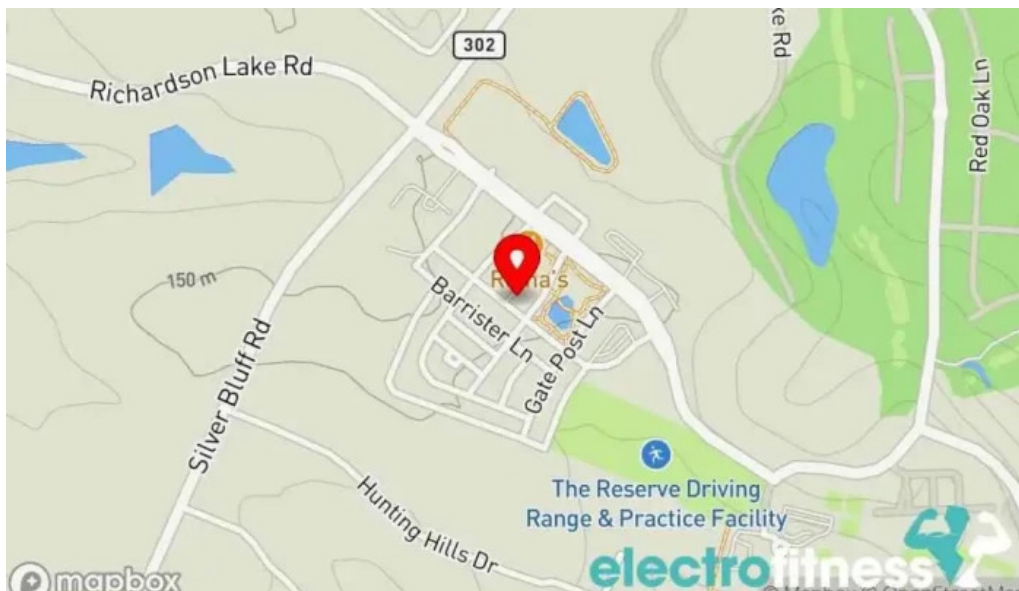
The website is The Well, Pilates & Performance

If you wish to modify any information that you think is incorrect about this web, we kindly request forward a message so that we will fix it as soon as possible. In advance thanks.

## **Images**



*The well pilates performance street view 360deg*



*The well pilates performance map*



*The well pilates performance gym*



*The well pilates performance by owner*





*The well pilates performance all*



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## Tags

*On-site services, Wheelchair-accessible car park, Good for kids, Service options, Restaurant, Wheelchair-accessible entrance, Accessibility, Amenities, Children*

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<b>5.0 *</b>	<i>Inspired Performance Fitness Studio - Lafayette</i>
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academic department
acupuncture clinic
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animal feed store
aquatic centre
arena
association / organization
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auditorium
bar
basketball club
basketball court
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor
country club
coworking space

cultural center
dance company
dance school
day spa
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist



medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor

swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization