

Pilates by Carleigh - Agoura Hills

agoura hills



I'm not a robot



RECAPTCHA

Published on: 26/04/25	Hits: 77
Comments: 0	See comments
Votes: 7	Score: 5

https://www.electrofitness.com/pilates-studio/agoura-hills/pilates-by-carleigh-agoura-hills_234220.php



agoura hills

Pilates by Carleigh - Agoura Hills

Welcome to Pilates by Carleigh in Agoura Hills, CA

If you're looking for a transformative Pilates experience, ****Pilates by Carleigh**** in Agoura Hills is the place to be. This studio not only offers a variety of classes tailored to meet individual needs but also emphasizes accessibility and quality instruction.

Planning Your Visit

When planning your visit to ****Pilates by Carleigh****, it's important to know that they recommend making ****appointments**** ahead of time. This ensures that you

get the personalized attention you deserve during each session.

Accessibility Features

One of the standout features of this studio is its commitment to **accessibility**. With a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, everyone can feel welcome and at ease while participating in classes. The studio also has amenities designed for comfort and convenience, including a **toilet** that caters to all needs.

A Supportive Community

Clients rave about Carleigh's expertise and supportive nature. One testimonial states, "Carleigh is awesome! She was effective in helping me get ready for hip replacement surgery. My recovery was a breeze!" Such success stories highlight how Carleigh customizes workouts to accommodate various health issues, from injuries to post-surgery recovery.

Expert Instruction

Carleigh's extensive knowledge in Foundations Pilates enhances her ability to tailor sessions effectively. As one satisfied client noted, "Her background allowed me to find pressure points in irritated muscles and relieve my own pain." Whether you are new to Pilates or have years of experience, Carleigh adjusts routines to fit your body's needs, ensuring an effective and enriching experience every time.

Why Choose Pilates by Carleigh?

With over eight years of experience training under Carleigh, clients express profound gratitude for the positive changes in their lives. "My mobility improved, my core strength is better, and my muscle inflammation is less painful," shares one enthusiastic participant. Many agree that Carleigh's studio is one of the best in the area: "It's welcoming, immaculately clean, and well-equipped with a cadillac, reformer, wunda chair, mat, and many other high-quality Pilates props." Her ability to create engaging sessions with these tools makes every workout unique and enjoyable.

Join the Pilates Community

Experience the life-changing benefits of Pilates with Carleigh. Whether you're looking to strengthen your core or work through specific injuries, Pilates by Carleigh offers the support and expertise you need. Join the community that values dedication, care, and professional growth, and see how Pilates can transform your body and life!

You can reach us at

Whizins Mall Shopping Center 214, 91301 Agoura Hills, CA - United States (US)

You can visit us at the following hours:

Day Hours

Monday

Closed

Tuesday

Closed

Wednesday

9?AM–5?PM

Thursday

9?AM–5?PM

Friday

9?AM–5?PM

Saturday

9?AM–5?PM

Sunday

9?AM–5?PM

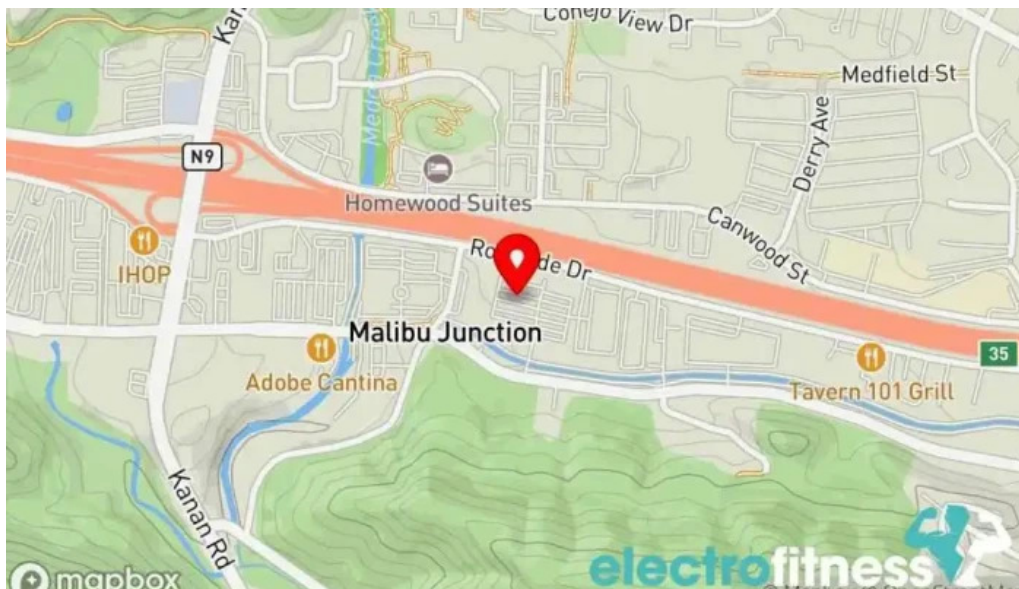
The website is [Pilates by Carleigh](#)

In case you want to alter any information that you feel is not precise about this site, we urge you to forward a message so that we will fix it promptly. With anticipation thanks.

Images



Pilates by carleigh street view 360deg



Pilates by carleigh map



Pilates by carleigh by owner



Pilates by carleigh all



Pilates by carleigh agoura hills

Tags

Wheelchair-accessible car park, Accessibility, Toilet, Amenities, Planning, Appointments recommended, Wheelchair-accessible entrance

Related content

5.0 * *Pilates Plus - Centennial*

4.9 * *Bodhi Pilates - Highlands Ranch*

3.6 * *Common Core Pilates - Walnut Creek*

5.0 * *Twist Pilates and Fitness - Washington*

5.0 *	<i>Mighty Pilates Lafayette - Lafayette</i>
4.9 *	<i>Club Pilates - Waldorf</i>
5.0 *	<i>Mouv Pilates Studio - Crown Point</i>
5.0 *	<i>A Fine Balance Pilates & Dance - Centennial</i>
4.6 *	<i>Club Pilates - Eagle</i>
4.7 *	<i>Pilates Denver - Englewood</i>

Categories

academic department
acupuncture clinic
amusement park ride
animal feed store
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
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
elementary school
exercise equipment store
firearms academy
fitness
fitness center
food producer
golf club
golf course
golf instructor
grocery store
gym
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 therapist
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
recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
summer camp organizer
supermarket
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
yoga instructor
yoga studio
youth organization