

Teague Classical Pilates - Agoura Hills

agoura hills

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agoura hills

Teague Classical Pilates - Agoura Hills

Discover Teague Classical Pilates Studio in Agoura Hills, California

Teague Classical Pilates offers a remarkable fitness experience for individuals seeking to enhance their physical wellness. Nestled beneath the picturesque foothills of Agoura Hills, California, this studio is known for its exceptional instructors and personalized approach to Pilates.

Planning Your Visit

When planning to visit Teague Classical Pilates, it's important to note that

****appointments are recommended****. This ensures you receive the quality attention needed to optimize your workouts. The studio's ****service options**** cater to all levels, making it accessible for both beginners and experienced practitioners alike.

Accessibility Features

Teague Classical Pilates prioritizes accessibility with features like a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****. For those who may need it, there is also a ****wheelchair-accessible toilet**** on-site, ensuring that everyone can enjoy the benefits of Pilates without barriers.

Amenities for a Comfortable Experience

The studio boasts several ****amenities**** designed to enhance your visit, including clean facilities and a welcoming environment. Feedback from clients highlights the fantastic ambiance, which is beautifully decorated and peaceful, providing a serene backdrop for your workout. Additionally, the studio is equipped with a ****toilet**** for client convenience.

Online Classes for Flexibility

In today's fast-paced world, convenience is key. Teague Classical Pilates offers ****online classes****, allowing you to engage in your Pilates practice from the comfort of your home. These classes are conducted in English, making it easier for non-native speakers to participate fully.

Why Choose Teague Classical Pilates?

Many clients express that Teague Classical Pilates has transformed their fitness journeys. With small class sizes ranging from 3 to 9 participants, you receive personalized attention that maximizes the effectiveness of each workout. Instructors are not just supportive; they are highly knowledgeable and motivated to guide you towards achieving your fitness goals. Cathie Teague, co-owner of the studio, is praised for her profound understanding of human anatomy and her ability to communicate complex techniques. Gerald Teague, also a co-owner, brings exceptional craftsmanship to the reformers and equipment used during sessions. Together, they create a nurturing environment where clients feel empowered and energized after every class.

Client Testimonials

The positive experiences shared by clients underline the quality of services offered at Teague Classical Pilates. Many have reported significant improvements in their physical health, increased energy levels, and enhanced overall well-being. One client noted, "I feel surrounded by positivity and am rescued from physical pain and ailments every time I enter the fitness sanctuary that is Teague Classical Pilates." Furthermore, individuals dealing with chronic

pain have found relief through specialized neuromuscular therapy provided by Gerald Teague. His techniques have changed lives, helping clients regain mobility and reduce reliance on medications.

Conclusion

Teague Classical Pilates in Agoura Hills stands out as a premier destination for individuals looking to improve their wellness through Pilates. With its accessibility features, range of service options, and highly qualified instructors, it is no wonder that this studio is considered one of the best in the area. Whether you are a seasoned practitioner or new to Pilates, Teague Classical Pilates is ready to guide you on your journey to better health.

Our business is located at

29020 Agoura Rd A2, 91301 Agoura Hills, California - United States (US)

The phone number of said **Pilates studio** is +1818-991-9405

And if you want to send a WhatsApp, you can do so at +1818-991-9405

Our public attention hours are:

Day	Hours
Monday	9?AM–1?PM
Tuesday	Closed
Wednesday	8?AM–8?PM
Thursday	8?AM–8?PM
Friday	8?AM–8?PM
Saturday	8?AM–8?PM
Sunday	8?AM–6?PM

The website is Teague Classical Pilates

In case you want to change any detail that you consider is not precise regarding this site, we kindly request deliver a message so that we will correct it as soon as possible. With anticipation thanks.

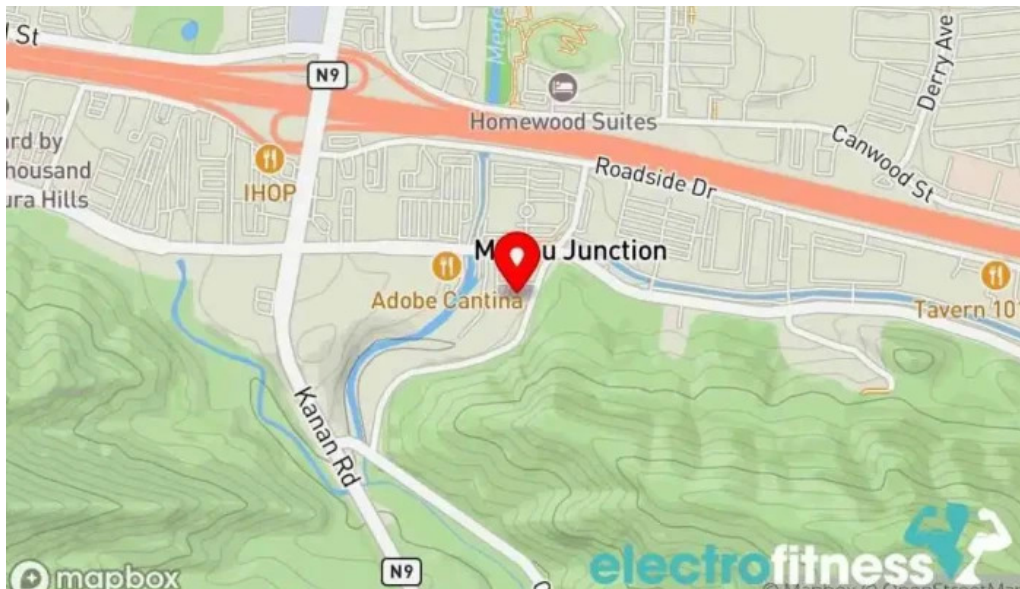
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Tags

Service options, Toilet, Online classes, Planning, Accessibility, Wheelchair-accessible entrance, Amenities, Wheelchair-accessible toilet, Appointments recommended, Wheelchair-accessible car park

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