

Island Fit Pilates - Alameda

alameda

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https://www.electrofitness.com/pilates-studio/alameda/island-fit-pilates-alameda_271330.php



alameda

Island Fit Pilates - Alameda

Discover Island Fit Pilates: Your Premier Pilates Studio in Alameda, California

Island Fit Pilates, located in Alameda, California, is not just a studio; it's a community hub where fitness meets inclusivity and support. Owned by local resident Camille, the studio stands out for its welcoming atmosphere and commitment to providing high-quality Pilates instruction.

Parking and Accessibility

One of the significant advantages of Island Fit Pilates is its

wheelchair-accessible entrance, ensuring that everyone can join the fitness journey. The facility features a **wheelchair-accessible car park** and **wheelchair-accessible toilets**, catering to individuals with mobility challenges. Furthermore, customers can find **free of charge street parking** nearby, making it convenient for all visitors.

Community and Inclusivity

At Island Fit Pilates, diversity is celebrated. The studio **identifies as women-owned** and **Asian-owned**, fostering an environment that is **LGBTQ+ friendly** and a **transgender safe space**. The presence of **gender-neutral toilets** further emphasizes its commitment to inclusivity.

Class Offerings and Amenities

Island Fit offers an array of classes tailored to meet various fitness levels. With small class sizes, instructors like Camille provide personalized attention to ensure proper form and technique. The studio boasts a generous selection of high-quality equipment, including Balanced Body reformers, weights, and antimicrobial mats, making each session both effective and enjoyable. Clients appreciate the engaging and dynamic nature of the classes, where every experience is unique. To accommodate new clients, Camille encourages attending a free introductory session to familiarize oneself with the reformer machines before jumping into full classes.

On-Site Services and Online Options

While appointments are recommended to secure your spot, Island Fit Pilates also offers **online classes**, allowing participants to continue their practice from the comfort of their homes. This flexibility makes it easier for busy individuals or those balancing work and family life to maintain their Pilates journey.

Planning Your Visit

Before heading to the studio, it's wise to plan ahead. Due to the limited class offerings and one-on-one focus, **appointments are required**. Customers have noted attendance can be sparse at times, which contributes to a more intimate class setting but may limit options for spontaneous visits.

The Heart of the Studio: Camille

Camille's dedication to her craft shines through in every class she teaches. Many clients have followed her for years, praising her expertise and nurturing approach. Even during tough times, such as personal loss, Camille's resilience has kept the studio thriving, highlighting her commitment to the community she serves.

Final Thoughts

Island Fit Pilates is more than just a place to exercise; it's a sanctuary for

personal growth, strength, and community. With its excellent amenities, accessibility features, and a sense of belonging, it's easy to see why clients feel at home here. Whether you're a seasoned Pilates practitioner or a newcomer, this studio promises to elevate your fitness journey in a supportive environment.

Explore Island Fit Pilates today and become part of a vibrant community that values health, inclusivity, and personal connection.

Our premises are located at

2000 Encinal Ave, 94501 Alameda, California - United States (US)

The contact phone of the mentioned **Pilates studio** is +1510-896-8086

And if you want to send a WhatsApp, you can do so at +1510-896-8086

Our opening hours are:

Day Hours
Monday

4–8?PM

Tuesday

12–8?PM

Wednesday

4–8?PM

Thursday

10?AM–6?PM

Friday

9:30?AM–5:30?PM

Saturday

Closed

Sunday

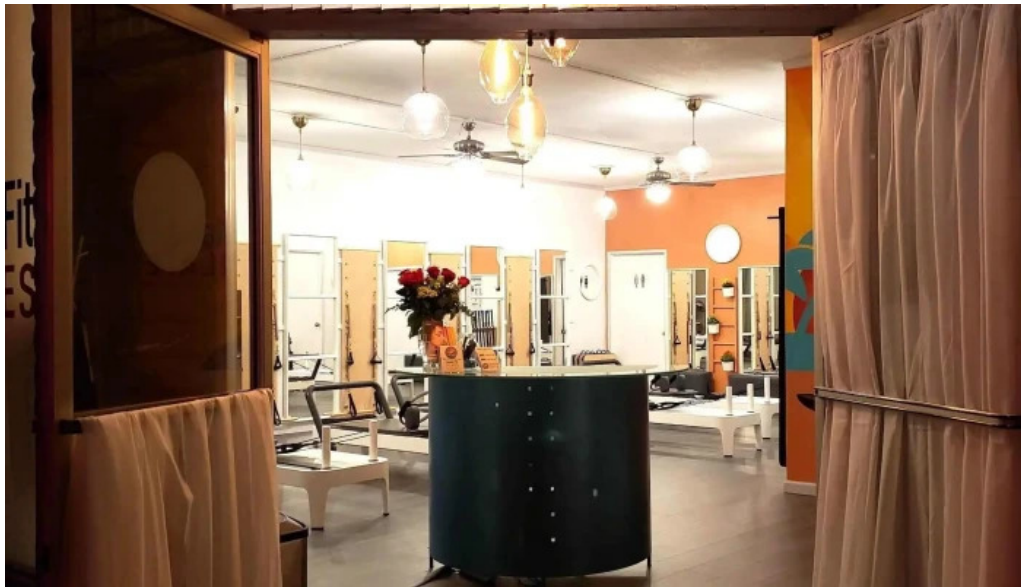
Closed

The website is Island Fit Pilates

If you need to modify any element that you consider is not correct about this portal, we urge you to send a message so that we will correct it promptly.

Thanks beforehand thanks.

Images



Island fit pilates videos



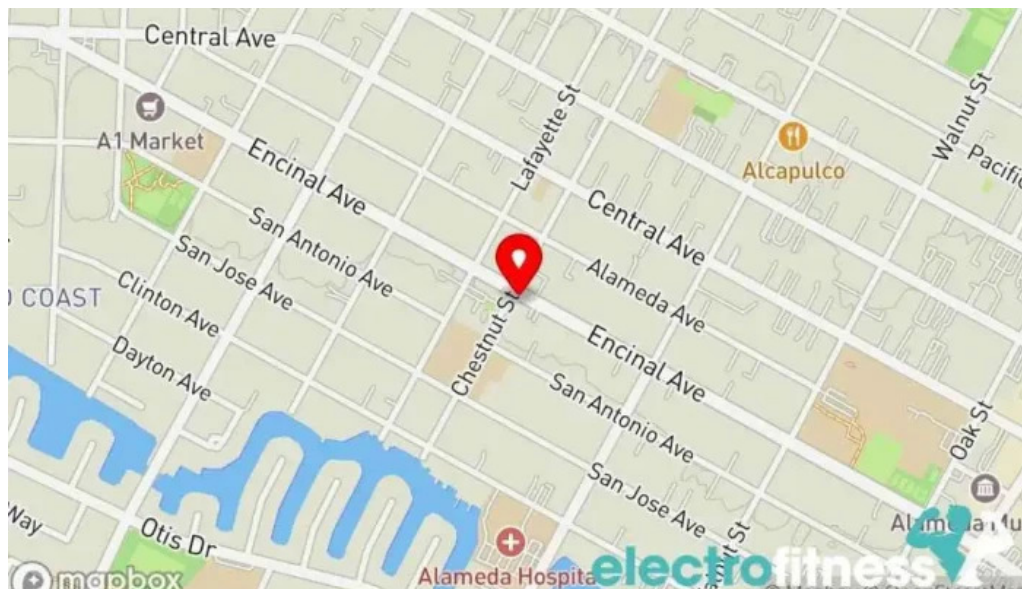
Island fit pilates street view 360deg



Island fit pilates promotion



Island fit pilates pilates studio



Island fit pilates map



Island fit pilates by owner



Island fit pilates all



Island fit pilates alameda

Tags

Wheelchair-accessible car park, Transgender safe space, Wheelchair-accessible toilet, Identifies as women-owned, Crowd, Parking, Appointments recommended, Wheelchair-accessible entrance, Planning, Toilet, Appointment required, Accessibility, Swimming pool, Amenities, On-site services, Online classes, Service options, Identifies as Asian-owned, Free of charge street parking, Gender-neutral toilets, LGBTQ+ friendly, From the business

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