

Rbf Studio Maine - Augusta

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Published on: 30/05/25	Hits: 297
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Rbf Studio Maine - Augusta

Explore RBF Studio: A Pilates Gem in Augusta, Maine

If you're looking for a welcoming and inclusive environment to enhance your wellness journey, look no further than RBF Studio in Augusta, Maine. This studio not only offers ****on-site services**** but also provides a variety of amenities designed to cater to everyone.

Accessibility for All

RBF Studio takes pride in its commitment to ****accessibility****. The studio features ****wheelchair-accessible toilets**** and a ****wheelchair-accessible car****.

park**, ensuring that everyone can participate and benefit from the services offered. Additionally, the studio is equipped with **gender-neutral toilets**, creating a safe and comfortable environment for all attendees, including those who identify as part of the LGBTQ+ community.

Intimate and Friendly Atmosphere

RBF Studio is often described as one of the hidden gems in central Maine. The classes are intimate and welcoming, making them perfect for newcomers. Many visitors have noted how the instructors, like Anna and Jess, create a friendly atmosphere that feels both supportive and encouraging. Whether you're joining a Pilates class or booking a massage, you can expect a warm reception.

Service Options Tailored to You

The studio's offerings include various classes ranging from Pilates to yoga, along with professional massages tailored to your specific needs. Clients have expressed their appreciation for Anna's individualized approach to massages, focusing on areas that require the most attention. She creates a soothing experience that keeps clients returning for more.

Online Classes for Flexibility

In addition to the on-site offerings, RBF Studio recognizes the need for flexibility and convenience, providing **online classes** for those who cannot make it to the studio. This option allows you to maintain your fitness regimen from the comfort of your own home while still receiving quality guidance from experienced instructors.

Client-Centric Planning and Recommendations

For those interested in getting the most out of their experience at RBF Studio, **appointments are recommended**. This planning ensures that you receive personalized attention during your visit. The instructors carefully tailor each class to meet the diverse needs of participants, fostering a sense of community and belonging.

A Community That Cares

Visitors frequently comment on the studio's welcoming nature, particularly for those who may feel intimidated entering a new fitness environment. RBF Studio goes beyond just physical practice; it's about building a supportive community where everyone feels safe and included. From the positive reinforcement provided by instructors to the camaraderie built among classmates, RBF Studio truly embodies a **transgender safe space**.

Conclusion: Join the RBF Family

Whether you're looking to enhance your fitness journey through Pilates or seek relaxation with a professional massage, RBF Studio in Augusta, Maine, offers a

unique blend of services tailored for everyone. As a ****women-owned business****, it stands out as a beacon of inclusivity and support. Join the ****crowd**** of satisfied customers who have found their home at RBF Studio, where every session is a step towards better well-being.

Our address is

11 Oak St, 04330 Augusta, Maine - United States (US)

The phone of the mentioned **Pilates studio** is +1207-716-7730

And if you want to send a WhatsApp, you can do so at +1207-716-7730

Our business hours are:

Day	Hours
Monday	10?AM–6:30?PM
Tuesday	Closed
Wednesday	Closed
Thursday	11?AM–2:30?PM
Friday	10?AM–6:30?PM
Saturday	10?AM–6:30?PM
Sunday	10?AM–6:30?PM

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Images



Rbf studio maine map



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Tags

Identifies as women-owned, Crowd, Wheelchair-accessible toilet, Appointments recommended, Amenities, Transgender safe space, Wheelchair-accessible car park, Online classes, Service options, Planning, Accessibility, LGBTQ+ friendly, From the business, Gender-neutral toilets, On-site services, Toilet

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fitness equipment wholesaler
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karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
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massage therapist
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medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization

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outdoor sports store
outdoor swimming pool
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parking lot
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pharmacy
physical fitness program
physical therapist
physical therapy clinic
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