

## Body Hot Pilates - Aventura

aventura

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### *Body Hot Pilates - Aventura*

#### **Welcome to BODY Hot Pilates: A Premier Pilates Studio in Aventura, Florida**

BODY Hot Pilates is a state-of-the-art Pilates studio located in the heart of Aventura, Florida. With its stunning aesthetic and challenging classes, it has quickly become a favorite among fitness enthusiasts in the area.

#### **Amenities That Elevate Your Experience**

At BODY, you'll find an array of **\*\*amenities\*\*** designed to enhance your workout experience. Enjoy **\*\*free parking\*\*** in their spacious lot, ensuring that

you never have to worry about finding a spot. There's also **\*\*free of charge street parking\*\*** available for those who prefer it. The accessibility features include a **\*\*wheelchair-accessible entrance\*\*** and a **\*\*wheelchair-accessible car park\*\***, making it easy for everyone to participate in the invigorating classes offered. After a hot session that leaves you **\*\*dripping in sweat\*\***, you can take advantage of the **\*\*clean showers\*\*** available in the locker room. These **\*\*restrooms\*\*** are well-equipped with essential items like deodorant and mouthwash, making it convenient for you to freshen up before heading out!

### **Stay Connected During Your Workout**

Need to stay connected? BODY Hot Pilates offers **\*\*Wi-Fi\*\*** throughout the studio, so you can easily check messages or share your fitness journey on social media before or after class.

### **Why Appointments Are Recommended**

While walk-ins are welcome, **\*\*appointments are recommended\*\*** to secure your spot in the highly sought-after classes. This allows the instructors to offer personalized attention tailored to your level of experience, whether you are a beginner or a seasoned practitioner. Each class emphasizes controlled movements, ensuring you leave feeling centered and accomplished.

### **The Experience: What Clients Are Saying**

Many clients rave about their experiences at BODY! One visitor noted, "The teachers and staff are world-class. I don't do Pilates mainly but I go here to challenge myself in a whole different way." Another mentioned how welcoming the atmosphere feels: "If you're on the fence, just book the class. You'll be hooked." Clients also appreciate the cleanliness and organization of the studio, setting it apart from other facilities. As one enthusiastic member put it, "I've never felt so at home at a studio!" The variety of classes ensures that every session is unique and challenging, keeping members engaged and returning for more.

### **Join the BODY Community Today!**

With its exceptional amenities, inclusive environment, and top-notch instructors, BODY Hot Pilates is not just a studio; it's a community of individuals striving for improvement and wellness. Whether you're looking to get fit, meet like-minded individuals, or simply enjoy a fantastic workout, BODY Hot Pilates in Aventura is the place to be. Come and experience it for yourself—you won't regret it!

**You can come to our business at**

18725 Biscayne Blvd Unit 350, 33180 Aventura, Florida - United States (US)

The contact phone of this **Pilates studio** is +1786-722-2258

And if you want to send a WhatsApp, you can do so at +1786-722-2258

## Our opening hours are:

Day Hours  
Monday

7?AM–9?PM

Tuesday

7?AM–9?PM

Wednesday

7?AM–9?PM

Thursday

8?AM–2?PM

Friday

8?AM–2?PM

Saturday

7?AM–9?PM

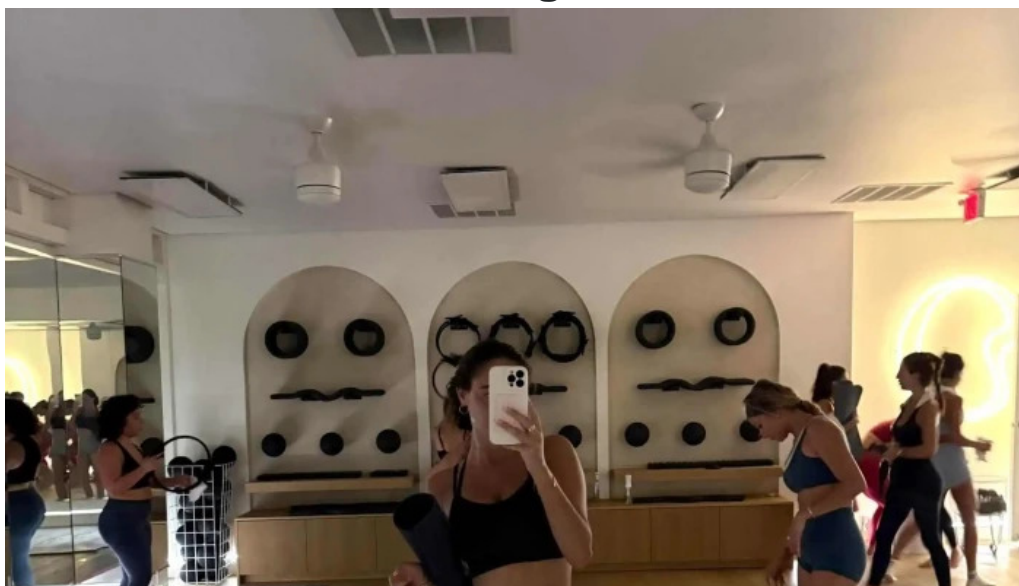
Sunday

7?AM–9?PM

The website is BODY Hot Pilates

If you wish to update any detail that you consider is incorrect related to this portal, we kindly request deliver a message and we will fix it promptly. Thanks beforehand thanks for your cooperation.

## Images



*Body hot pilates website*



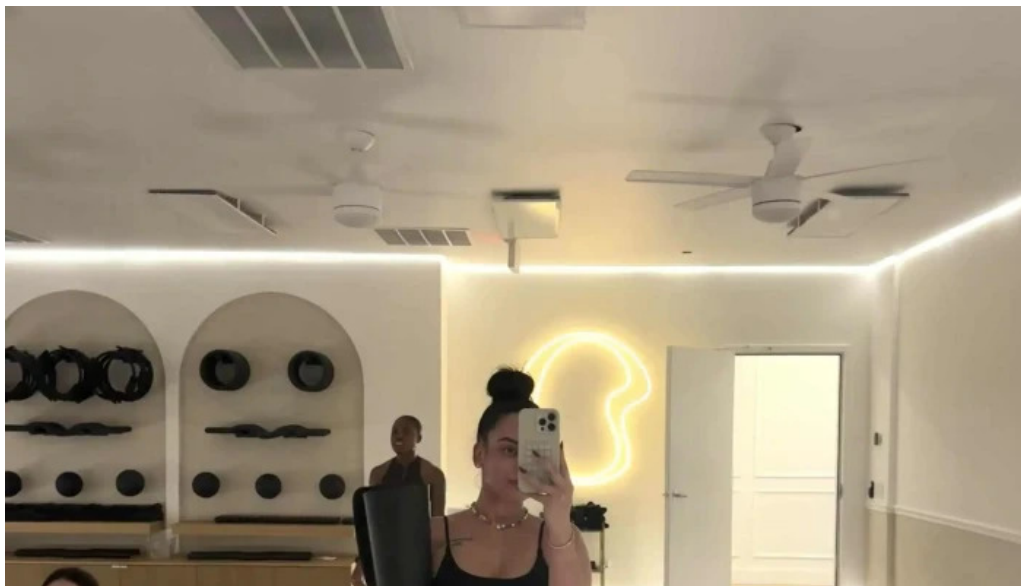
*Body hot pilates videos*



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*Body hot pilates pilates studio*

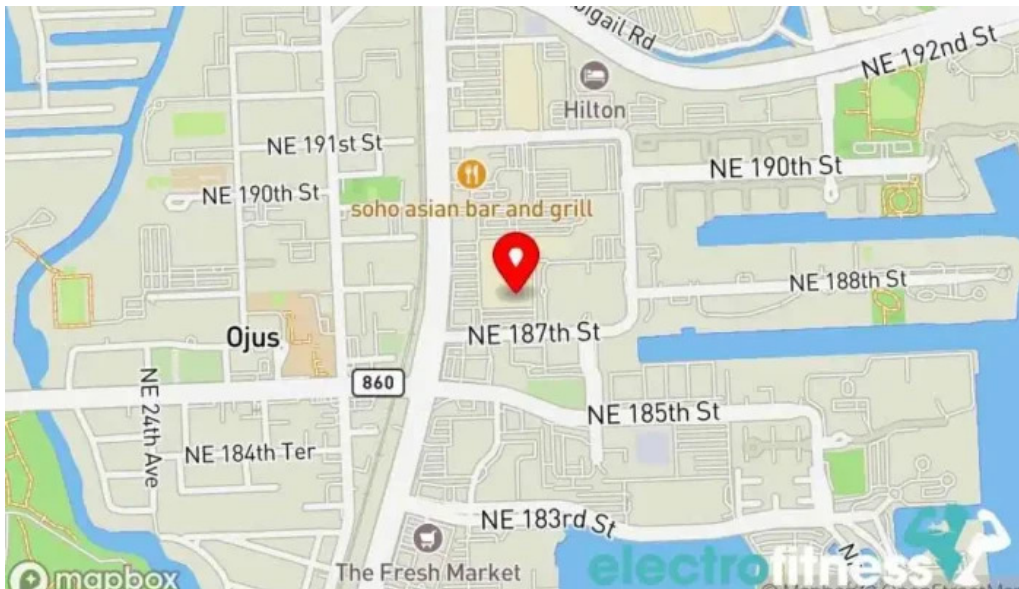


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# BODY

HOT PILATES

*Body hot pilates by owner*



*Body hot pilates aventura*



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## Tags

*Free parking lot, Wheelchair-accessible entrance, Amenities, Wheelchair-accessible car park, Parking, Planning, On-site parking, Accessibility, Toilet, Appointments recommended, Free of charge street parking, Wi-Fi*

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4.5 *	Yoga Hot Spot, Yakima - Yakima
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association / organization
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auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club
boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club

coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain
gated community
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area



historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course

psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
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summer camp organizer
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swimming facility
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water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization