

## [solidcore] - Bethesda

bethesda

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*bethesda*

## [solidcore] - Bethesda

### Experience the Unique Challenges of Solidcore in Bethesda, Maryland

If you're looking for a challenging workout that builds strength while being part of a supportive community, look no further than Solidcore in Bethesda, Maryland. Known for its intense classes and dedicated instructors, this Pilates studio offers an environment that motivates and empowers.

### Amenities That Make Your Visit Comfortable

Solidcore is designed with accessibility in mind. The studio features a **\*\*wheelchair-accessible entrance\*\***, ensuring that everyone can enjoy the

benefits of its workouts. Additionally, the facility is equipped with a **\*\*wheelchair-accessible toilet\*\*** and a **\*\*wheelchair-accessible car park\*\***, making it straightforward for all members to navigate the space comfortably.

### **Accessibility and Convenience**

One of the highlights of Solidcore is its prime location, making it easy for participants to incorporate fitness into their daily routines. With ample parking available in the Wildwood shopping center lot, access is usually hassle-free. For those planning post-workout meals, the convenience of nearby eateries allows for a seamless transition from workout to relaxation.

### **Appointments Recommended**

To ensure you get the most out of your experience, it's highly recommended to make appointments ahead of time. This not only secures your spot but also helps manage class sizes, enhancing individual attention from instructors. Many reviews highlight the importance of being on time since late arrivals may face difficulties gaining entry due to the keypad lock system.

### **Pitfalls of Customer Service**

While the workout experience is lauded, several users have pointed out issues with customer service. Many reported challenges in contacting support, particularly when they faced difficulties entering the studio or issues with their memberships. Some noted concerns about the lack of response to emails and phone calls, indicating that while the workout experience is excellent, the administrative aspect could use improvement.

### **Why Solidcore Stands Out**

Despite these challenges, Solidcore's unique workout methodology makes it worth a visit. Newcomers can start their journey with introductory classes designed to ease them into the intensity of the workouts. Instructors like Kimberly and Liana receive rave reviews for their ability to accommodate different fitness levels, making each class both challenging and supportive. The atmosphere of the studio is consistently praised for being clean and inviting, fostering a sense of community where everyone feels welcome. Participants appreciate the personalized attention they receive due to the smaller class sizes, which ideally should not exceed 15 attendees per session.

### **The Takeaway**

In conclusion, if you're searching for a solid fitness routine that challenges your body and mind, Solidcore in Bethesda is a fantastic option. Just remember to plan ahead, as **\*\*appointments are recommended\*\*** to avoid any potential hiccups with entry. With incredible amenities and a strong focus on community support, Solidcore promises a transformative experience for those ready to push their limits.

## Our business is located at

10245 Old Georgetown Rd, 20814 Bethesda, Maryland - United States (US)

The contact line of the mentioned **Pilates studio** is +1240-800-7300

And if you want to send a WhatsApp, you can do so at +1240-800-7300

## We are available at these times:

Day	Hours
Monday	6?AM–7:30?PM
Tuesday	6?AM–7:30?PM
Wednesday	6?AM–7:30?PM
Thursday	6?AM–7:30?PM
Friday	6?AM–7:30?PM
Saturday	6?AM–7:30?PM
Sunday	6?AM–7:30?PM

The website is [\[solidcore\]](#)

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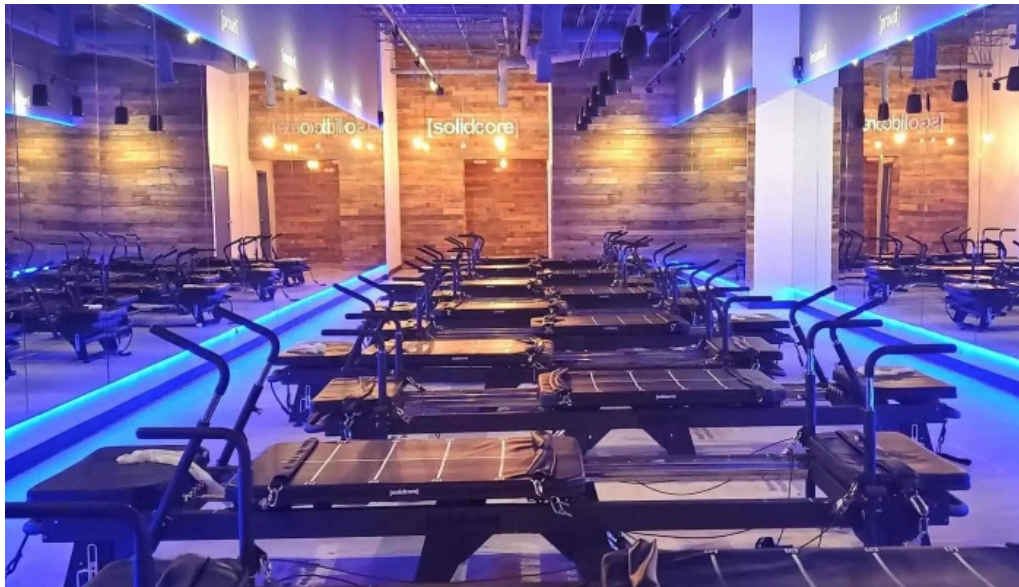
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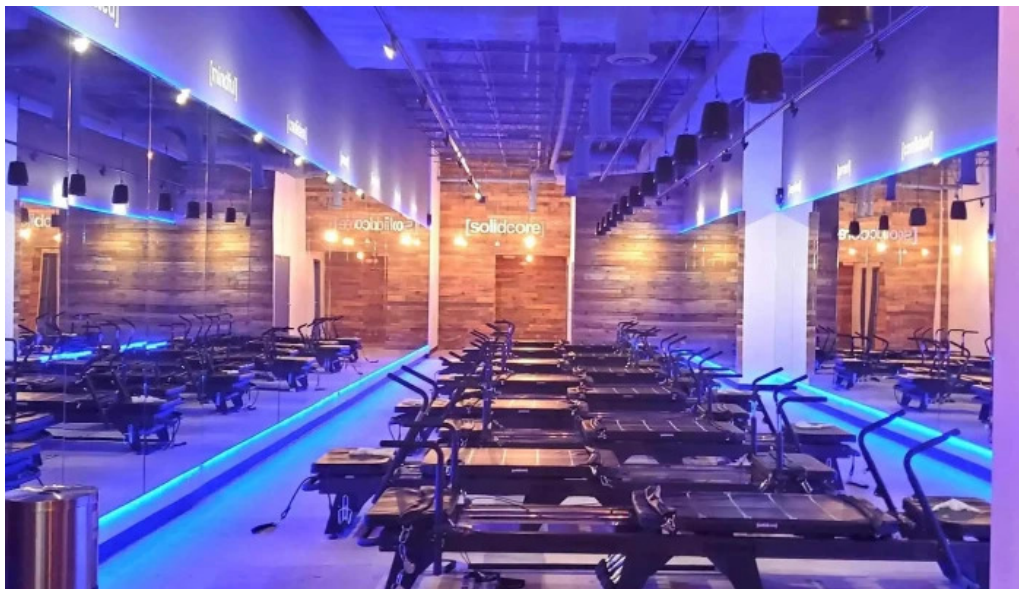
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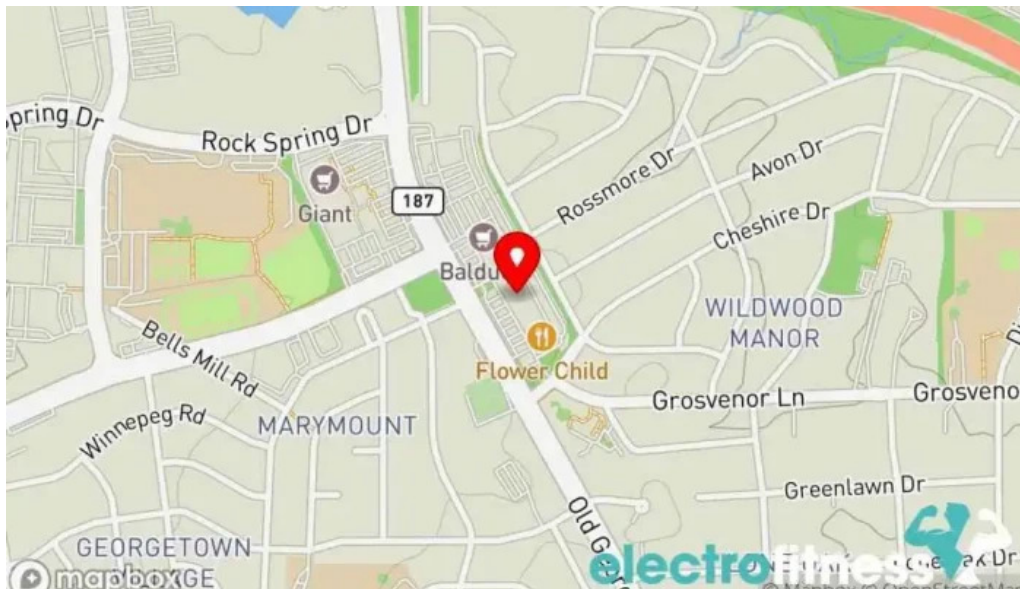


*Solidcore pilates studio*



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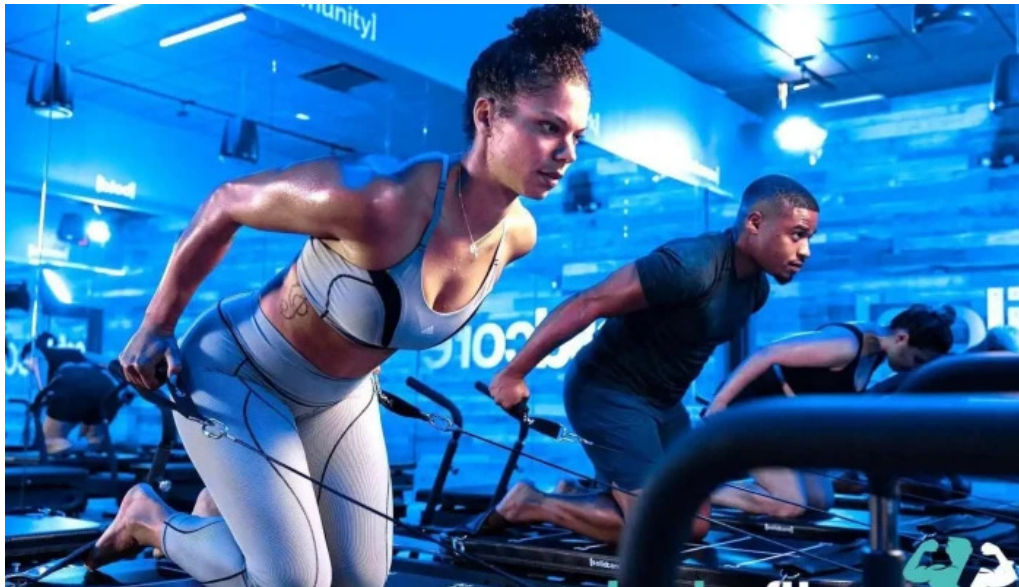




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*Wheelchair-accessible car park, Appointments recommended, Toilet, Wheelchair-accessible entrance, Accessibility, Amenities, Wheelchair-accessible toilet, Planning*

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