

[solidcore] - Bethesda

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https://www.electrofitness.com/pilates-studio/bethesda/solidcore-bethesda_219946.php



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Discover Solidcore: A Premier Pilates Studio in Bethesda, Maryland

Solidcore in Bethesda is not just another fitness studio; it's a place where dedication meets community, and transformation becomes a reality. Whether you're a seasoned athlete or a beginner, Solidcore offers an unparalleled workout experience that challenges both the body and mind.

Amenities and Accessibility

At Solidcore, convenience is key. The studio features a ****wheelchair-accessible toilet****, ensuring all clients can enjoy their time without

barriers. The clean and welcoming environment is designed to enhance the workout experience, making it comfortable for everyone.

Planning Your Visit

When planning your visit to Solidcore, be aware that ****appointments are recommended****. This ensures you secure your spot for the highly sought-after classes led by skilled instructors who are committed to providing personalized support. For those new to Pilates, take comfort in knowing that the staff is always ready to assist you, no matter your level.

Client Experiences: A Mixed Bag

While many clients rave about their experiences at Solidcore, some have expressed concerns regarding class policies. One customer noted feeling unfairly treated when arriving just minutes late, highlighting how strict enforcement of attendance rules can be discouraging. It's essential to arrive on time to avoid any issues, as the trainers prioritize maintaining the integrity of each session. However, this should not overshadow the positive experiences shared by numerous attendees. Instructors like Kyla and Lily are frequently praised for their support and expertise, guiding clients through challenging workouts while ensuring proper form and safety.

A Unique Workout Experience

The Solidcore workout is not just about physical strength; it's an emotionally liberating experience. Many clients have noted the incredible mental clarity and stress relief gained during the intense 50-minute sessions. With a focus on control and precision, the classes provide an innovative approach that keeps participants engaged and invigorated.

Join the Solidcore Community

In conclusion, Solidcore in Bethesda, Maryland stands out as a beacon for those looking to push their limits while receiving top-notch instruction in a supportive environment. The combination of challenging workouts, dedicated instructors, and a clean, accessible space creates an ideal setting for anyone committed to enhancing their health and fitness journey. Whether you're seeking a life-changing workout or simply looking to add something new to your routine, Solidcore welcomes you to join their thriving community.

We are located at

7101 Wisconsin Ave Suite 101, 20814 Bethesda, Maryland - United States (US)

The contact phone of this **Pilates studio** is +1240-800-1255

And if you want to send a WhatsApp, you can do so at +1240-800-1255

We look forward to seeing you at:

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

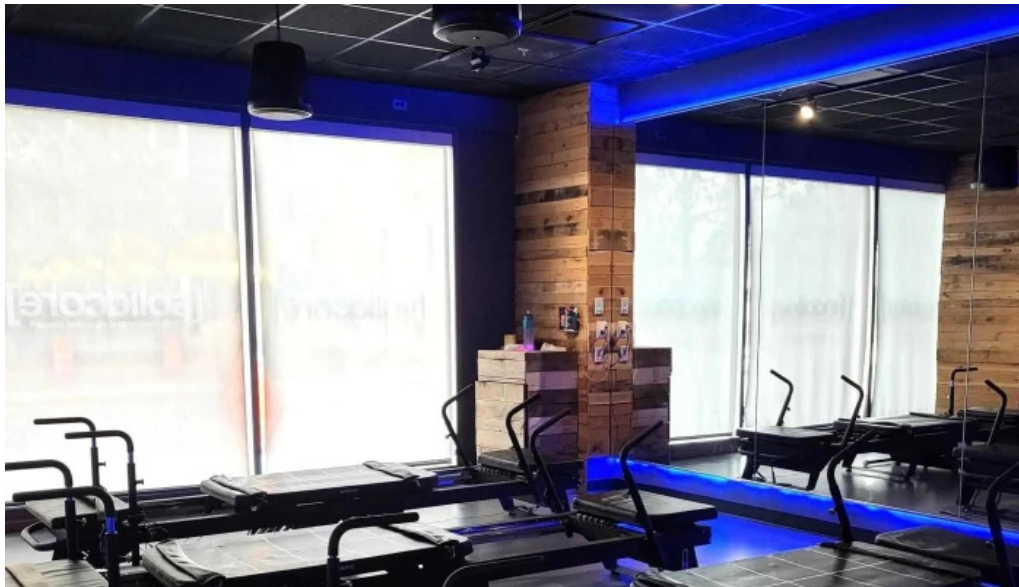
The website is [\[solidcore\]](#)

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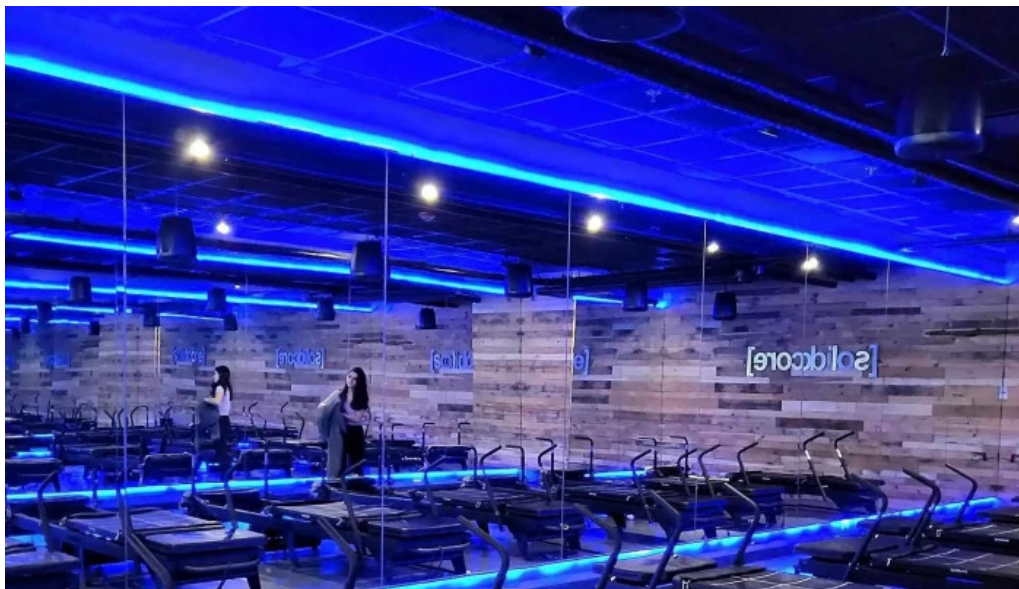
Images



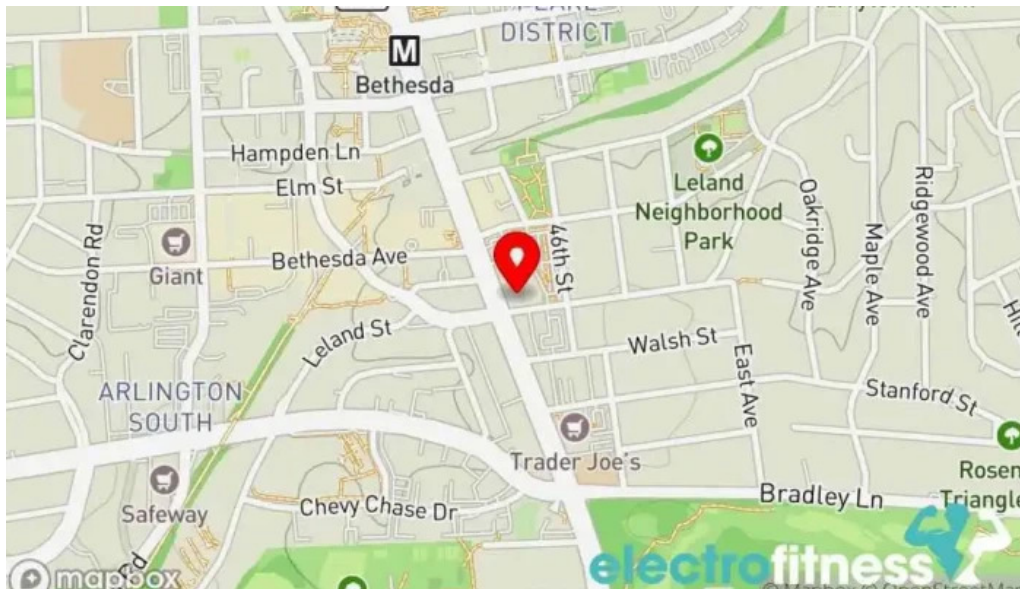
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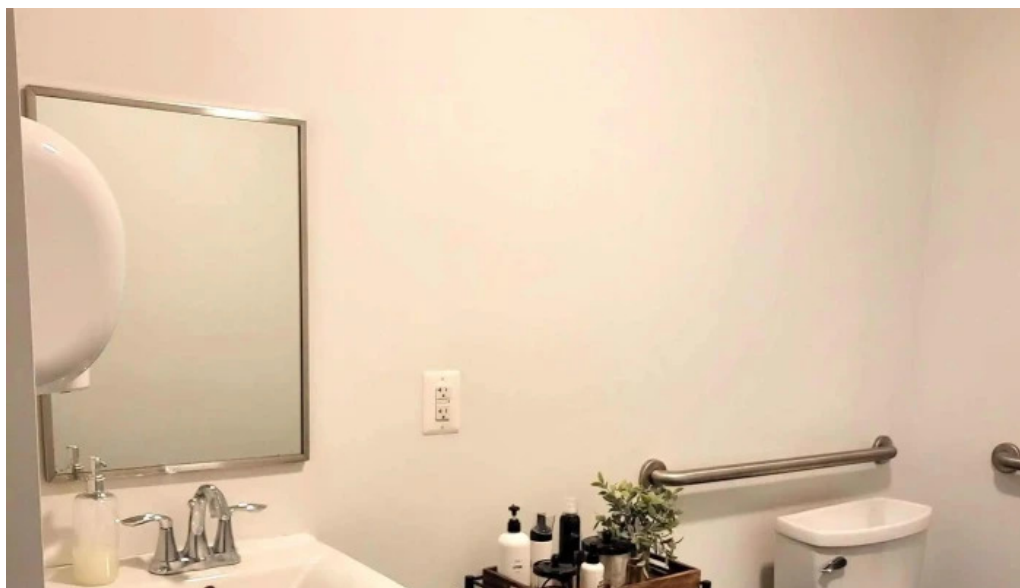
Solidcore reviews



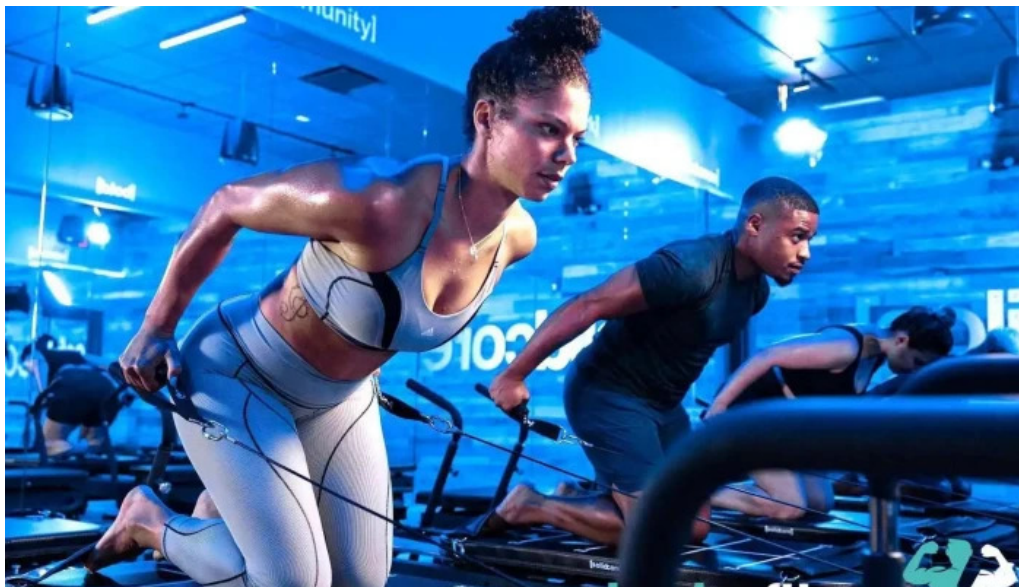
Solidcore pilates studio



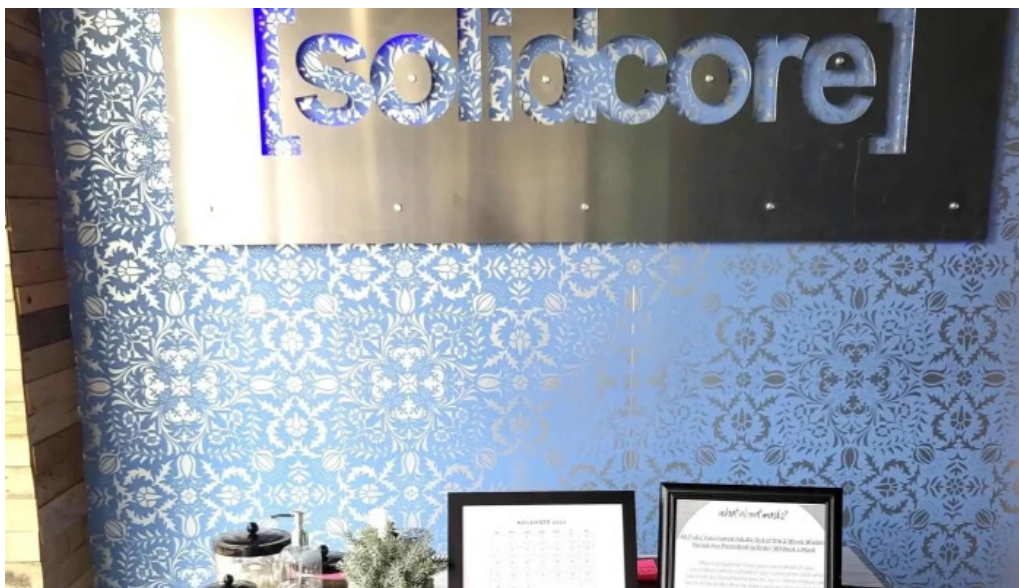
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Solidcore location



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Tags

Appointments recommended, Toilet, Amenities, Accessibility, Planning, Wheelchair-accessible toilet

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