

Bodhi Pilates - Highlands Ranch

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Bodhi Pilates - Highlands Ranch

Bodhi Pilates Studio: Your Premier Destination in Highlands Ranch, Colorado

Bodhi Pilates, located in the heart of Highlands Ranch, Colorado, is a ****women-owned**** Pilates studio that has been transforming bodies and enhancing wellness for years. From the moment you step inside, you'll be welcomed into a community that prioritizes accessibility, inclusivity, and personal growth.

Online Classes and Service Options

Understanding the need for flexibility, Bodhi Pilates offers **online classes** that cater to clients who prefer to train from the comfort of their own homes. This option ensures that everyone, regardless of their circumstances, can continue their fitness journey without interruption. In addition to regular classes, the studio provides specialized **service options** such as private lessons and small group sessions, allowing for personalized attention and tailored workouts. All appointments are **required**, ensuring instructors can prepare to give you the best possible experience.

Amenities for Every Client

Bodhi Pilates takes pride in its top-notch **amenities**. The studio features state-of-the-art equipment that is meticulously maintained and regularly cleaned, providing a safe environment for all clients. Classes are conducted in a clean space that includes **wheelchair-accessible entrances**, toilets, and car parks, making it easy for everyone to enjoy their Pilates experience.

Community and Inclusivity

One of the standout features of Bodhi Pilates is its commitment to creating a welcoming community. The studio embodies the spirit of diversity, accommodating clients of all ages, genders, and fitness levels. With **gender-neutral toilets** available, Bodhi Pilates ensures that everyone feels included and respected. Testimonials from clients illustrate the supportive environment: "The trainers are kind and helpful, and everyone remembers my name and the issues I have," notes one satisfied member. This sense of community fosters motivation and encouragement for everyone involved.

Transformative Experiences

Clients at Bodhi Pilates express how transformative their experiences have been. Many have noticed significant improvements in core strength, mobility, and overall fitness. One long-time member said, "Pilates has helped my mobility and core strength immensely," highlighting how Bodhi's tailored approach caters to unique needs and abilities. Whether you are recovering from an injury, as one client explained, "I knew I needed to work back into the flexibility and strength I'd lost," or are simply seeking to enhance your physical fitness, Bodhi Pilates offers the resources and support necessary for success.

Appointment Recommendations

To get the most out of your Pilates journey at Bodhi, it is **recommended** to book your appointments in advance. This ensures a spot in classes that often fill up quickly due to the high demand for personalized instruction. Clients rave about the small class sizes which allow for ample personal attention from knowledgeable instructors.

The Bodhi Pilates Experience

With a swimming pool for added recovery and relaxation options, Bodhi Pilates is more than just a workout space. Clients often leave feeling “stronger, motivated, and less stressed,” showcasing the holistic benefits of joining this vibrant community. In conclusion, if you’re in Highlands Ranch, Colorado, and searching for a Pilates studio that values community, individual attention, and transformative results, look no further than Bodhi Pilates. Come and join us to enhance your well-being while experiencing the best Pilates classes around!

The address of our establishment is

1970 E County Line Rd Unit H, 80126 Highlands Ranch, Colorado - United States (US)

The contact phone of this **Pilates studio** is +1303-597-8483

And if you want to send a WhatsApp, you can do so at +1303-597-8483

You can visit us at the following hours:

Day	Hours
Monday	5?AM–7?PM
Tuesday	5?AM–7?PM
Wednesday	5?AM–7?PM
Thursday	5?AM–7?PM
Friday	5?AM–7?PM
Saturday	7?AM–3?PM
Sunday	7?AM–3?PM

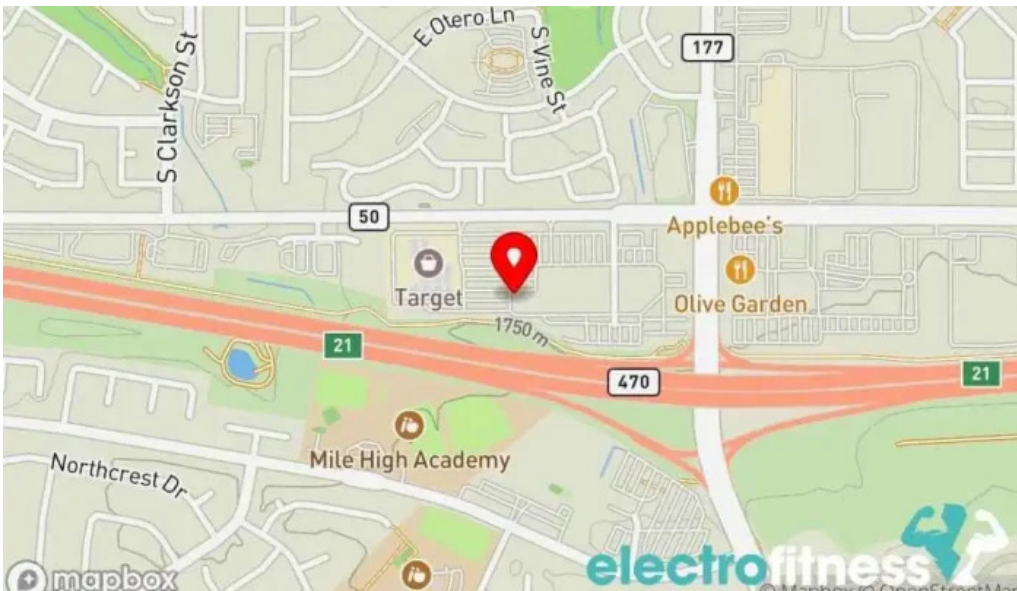
The website is [Bodhi Pilates](#)

If you need to adjust any detail that you consider is not correct regarding this page, we urge you to forward a message so we can we will correct it as soon as possible. Thanks beforehand thank you very much.

Images



Bodhi pilates street view 360deg



Bodhi pilates map



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Bodhi pilates by owner



Bodhi pilates all

Tags

Service options, Planning, Wheelchair-accessible car park, Wheelchair-accessible entrance, Identifies as women-owned, On-site services, Appointments recommended, Swimming pool, Accessibility, Toilet, Online classes, From the business, Appointment required, Amenities, Gender-neutral toilets, Wheelchair-accessible toilet

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