

Ahwatukee Pilates & Wellness - Phoenix

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Ahwatukee Pilates & Wellness - Phoenix

Discover Ahwatukee Pilates & Wellness in Phoenix, Arizona

Ahwatukee Pilates & Wellness is a premier studio located in the heart of ****Phoenix, Arizona****. Known for its commitment to accessibility and personalized experiences, this studio is perfect for anyone looking to enhance their physical and mental well-being.

Accessibility Features

One of the standout features of Ahwatukee Pilates & Wellness is its

****wheelchair-accessible entrance**** and designated ****wheelchair-accessible car park****. This ensures that individuals with mobility challenges can enjoy a seamless experience from the moment they arrive. Additionally, the facility includes a ****wheelchair-accessible toilet****, making it a comfortable environment for everyone.

Parking and Amenities

Parking is never an issue here, thanks to the ****free parking lot**** available for clients. This convenience allows you to focus on your wellness journey without the stress of finding a parking spot. The studio boasts a clean and welcoming atmosphere, providing modern amenities to enhance your experience during each visit.

Planning Your Visit

To ensure the best possible experience, ****appointments are recommended****. This allows instructors to tailor each session to your specific needs, a hallmark of the personalized approach at Ahwatukee Pilates & Wellness. Dakota, the founder and lead instructor, is known for her dedication to her clients, taking the time to get to know each individual and their goals.

Family-Friendly Environment

Ahwatukee Pilates & Wellness is ****good for kids****, making it an ideal place for families looking to introduce their children to wellness practices. With classes designed for different age groups and skill levels, everyone can participate and benefit from the enriching experience.

Personalized Instruction

Dakota and her team are committed to creating an intimate class setting where students receive individualized attention. Whether you are a beginner or an advanced practitioner, Dakota ensures that each exercise is tailored to meet your specific requirements. The positive feedback from clients highlights the significant impact Dakota has had on their fitness journeys, emphasizing strong communication and understanding of each client's unique needs.

Holistic Wellness

Beyond traditional Pilates classes, Ahwatukee Pilates & Wellness also offers a range of holistic wellness activities, including meditation, reiki, and sound baths. Many clients have reported transformational experiences through these integrative practices, enhancing both their physical health and mental clarity.

Conclusion

If you are in Phoenix, Arizona, and looking for a supportive and inclusive Pilates studio, look no further than Ahwatukee Pilates & Wellness. With its stellar accessibility features, dedicated instructors, and family-friendly

environment, it truly stands out as a leading studio in the area. Book your appointment today and embark on a rewarding journey towards better health and well-being!

Our establishment is located at

1442 E Chandler Blvd Suite 104, 85048 Phoenix, Arizona - United States (US)

The contact phone of this **Pilates studio** is +1480-910-2788

And if you want to send a WhatsApp, you can do so at +1480-910-2788

We look forward to seeing you at:

Day	Hours
Monday	8?AM–6:30?PM
Tuesday	8?AM–6?PM
Wednesday	8–10?AM
Thursday	8–10?AM
Friday	Closed
Saturday	8?AM–6:30?PM
Sunday	8?AM–6?PM

The website is Ahwatukee Pilates & Wellness

If you need to update any detail that you feel is incorrect about this web, we ask deliver a message and we will handle it as soon as possible. With anticipation thank you very much.

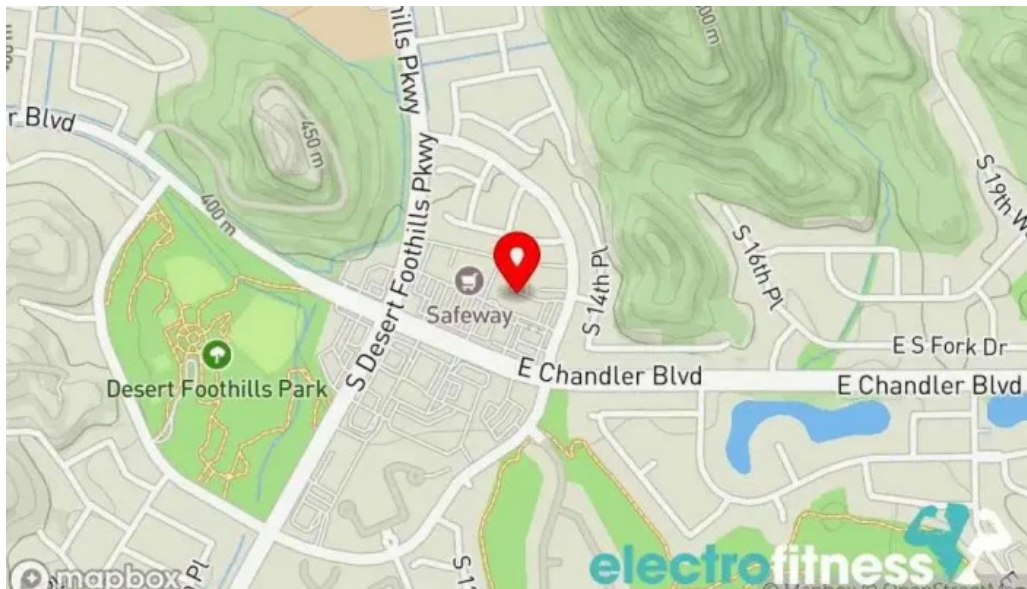
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Tags

Parking, Appointments recommended, Free parking lot, Wheelchair-accessible car park, Wheelchair-accessible toilet, Toilet, Children, Good for kids, Wheelchair-accessible entrance, Planning, Amenities, Appointment required, Accessibility

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