

Inner Strength Alignment Studio - Phoenix

phoenix



I'm not a robot



RECAPTCHA

Published on: 01/05/25	Hits: 130
Comments: 0	See comments
Votes: 13	Score: 5

https://www.electrofitness.com/pilates-studio/phoenix/inner-strength-alignment-studio-phoenix_25765

5.php



phoenix

Inner Strength Alignment Studio - Phoenix

Welcome to Inner Strength Alignment Studio in Phoenix, Arizona

At Inner Strength Alignment Studio, we provide a unique and inclusive Pilates experience tailored to all individuals. Our studio is committed to ensuring that everyone feels welcomed and supported, featuring a ****wheelchair-accessible entrance**** and ****wheelchair-accessible car park**** for ease of access.

Service Options and Online Classes

Offering a variety of ****service options****, Inner Strength Alignment Studio

provides both in-person and **online classes**. This flexibility allows you to enjoy our transformative sessions from the comfort of your home or in our well-equipped studio. With a focus on personalized experiences, we recommend scheduling **appointments** for optimal engagement during each session.

Amenities for Your Comfort

Our studio is designed with your comfort in mind. We feature **wheelchair-accessible toilets** and various amenities to enhance your experience. Each session incorporates individual assessments, ensuring that your needs are met through customized programs.

An Environment That Prioritizes Accessibility

Accessibility is a core value at Inner Strength Alignment Studio. Whether you are dealing with physical challenges or simply seeking a nurturing environment to practice, you will find everything you need for a successful experience. Tanya, our exceptional instructor, is known for her dedication and individualized approach, making her highly recommended by clients.

From the Business: Client Testimonials

Many students have praised Tanya for her compassionate teaching style and extensive knowledge. Carl F. notes, "Tanya's in-depth knowledge, patience, and kindness in helping me resolve my issues has been phenomenal." Her ability to tailor workouts based on individual needs has been recognized by various clients: - "Tanya built a program for me that was very gradual... over the past few months, I have become much stronger!" - "She individualizes my training based on my needs." These testimonials reflect Tanya's commitment to creating a safe and effective learning environment.

Holistic Approach to Wellness

Beyond traditional Pilates, Tanya incorporates holistic practices such as breathwork and myofascial release into her sessions. Clients appreciate these additional elements, with one individual stating, "I am left with an incredible sense of peace, balance, and joy" after attending her breathwork sessions.

A Women-Owned Studio Dedicated to Community

Inner Strength Alignment Studio identifies as a **women-owned** business, emphasizing community empowerment and support. Tanya's long-standing relationships with clients highlight her dedication and commitment to their physical wellness journey.

Join Us at Inner Strength Alignment Studio

If you're in the Phoenix area or looking for online options, we invite you to join us at Inner Strength Alignment Studio. Experience the difference of working with

a passionate instructor who truly cares about your progress in a fully accessible, supportive environment. Don't miss out; reach out today to schedule your appointment!

The business is situated at

3349 E Long Lake Rd, 85048 Phoenix, Arizona - United States (US)

The contact phone of the respective **Pilates studio** is +1480-415-3964
And if you want to send a WhatsApp, you can do so at +1480-415-3964

You can visit us at the following hours:

Day	Hours
Monday	9?AM–7:30?PM
Tuesday	9?AM–4?PM
Wednesday	9?AM–4?PM
Thursday	9:30?AM–2:30?PM
Friday	12–3?PM
Saturday	9?AM–4?PM
Sunday	9?AM–4?PM

The website is Inner Strength Alignment Studio

If necessary to modify any detail that you think is not correct about this page, we urge you to forward a message and we will handle it at the earliest convenience. Thanks beforehand thanks.

Images



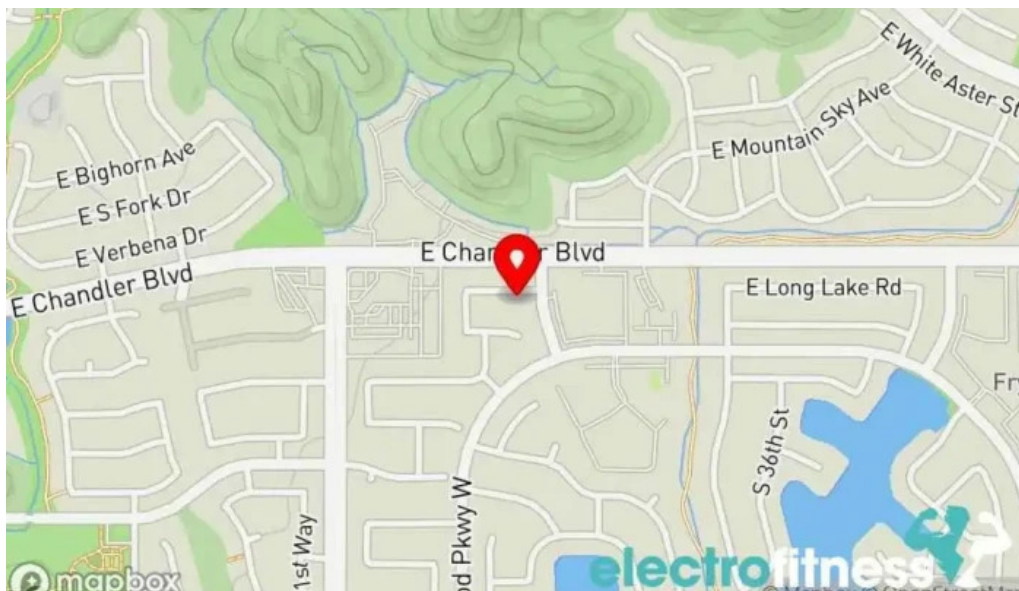
Inner strength alignment studio yoga



Inner strength alignment studio street view 360deg



Inner strength alignment studio phoenix



Inner strength alignment studio map



Inner strength alignment studio by owner



Inner strength alignment studio all

Tags

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

Related content

4.7 * *Inner Strength And Fitness - Santa Fe*

5.0 * *Inner Circle Training Facility - New Bedford*

5.0 * *The Strength Lab, Llc - Clemmons*

5.0 *	<i>Pure Strength Studio-The Miss Lou Amazing 12 - Natchez</i>
5.0 *	<i>Inner-action Sports Rehab - Walnut Creek</i>
5.0 *	<i>Pr Strength - Gaithersburg</i>
5.0 *	<i>Burlington Strength & Fitness - Burlington</i>
5.0 *	<i>Rocky Mountain Strength - Centennial</i>
5.0 *	<i>Cj Strength & Conditioning - Rockport</i>
4.9 *	<i>Strength United CrossFit Gym - Hanover</i>

Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
body shaping class
boot camp
boxing club
boxing gym
boxing ring
children's party service
chiropractor
church
club
coffee shop
community center
convenience store
counselor

country club
coworking space
cultural center
dance company
dance school
day spa
dollar store
educational institution
elementary school
exercise equipment store
facial spa
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
gated community
golf club
golf course
golf instructor
grocery store
gym
gymnasium school
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
hotel
indoor cycling
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa

massage therapist
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
park
parking lot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
public educational institution
public swimming pool
recreation center
rehabilitation center
rock climbing gym
rv park
sauna
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
spa
spa and health club
sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility

swimming instructor
swimming school
tennis club
thrift store
training centre
vitamin & supplements store
weight loss service
weightlifting area
wellness center
wellness program
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth organization