

## Pilates Phoenix - Phoenix

phoenix

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## *Pilates Phoenix - Phoenix*

### Welcome to Pilates Phoenix: Your Premier Pilates Studio in Arizona

If you're looking for a top-notch **Pilates studio** in Phoenix, Arizona, look no further than **Pilates Phoenix** located in Ahwatukee. This beautifully designed studio offers a welcoming atmosphere that immediately puts you at ease.

### Planning Your Visit

When planning a visit to Pilates Phoenix, consider making **appointments recommended** to ensure you secure your preferred class times. The studio features a diverse range of classes tailored for all skill levels, from beginners to

advanced practitioners.

## **Accessibility and Amenities**

Accessibility is a key focus at Pilates Phoenix with a **\*\*wheelchair-accessible car park\*\*** available for guests. This dedication to inclusivity ensures everyone can enjoy their Pilates experience. Inside the studio, you'll find an array of **\*\*amenities\*\*** designed to enhance your workout—cleanliness, modern decor, and state-of-the-art equipment create a perfect environment for both physical and mental wellness.

## **Exceptional Instructors**

The heart of Pilates Phoenix lies in its highly trained instructors. Whether you're recovering from injury or simply looking to improve your fitness routine, these professionals provide personalized attention that caters to your needs. Many clients have shared how instructors like Lori have significantly helped them with recovery and achieving fitness goals.

## **A Positive Community Vibe**

Pilates Phoenix is not just another fitness studio; it is a community space run by passionate, women-owned business leaders. The positive energy here is palpable, inspiring clients to engage more deeply with their practice.

## **Client Experiences**

Clients rave about their experiences at Pilates Phoenix, highlighting the **\*\*fantastic environment\*\***, skilled instructors, and the studio's aesthetic charm. One satisfied visitor noted, "I've done three classes here so far and I'm obsessed!" This enthusiasm reflects the overall satisfaction and improvement many feel after attending classes, including enhancements in flexibility and strength. In conclusion, if you're in the Phoenix area and seeking a Pilates studio that prioritizes accessibility, offers excellent amenities, and provides expert instruction, **\*\*Pilates Phoenix\*\*** is the place to be. Don't forget to plan ahead and book your appointment to experience all that this stunning studio has to offer!

## **The location of our premises is**

15410 S Mountain Pkwy Unit 108, 85044 Phoenix, Arizona - United States (US)

The contact line of this **Pilates studio** is +1480-597-6258

And if you want to send a WhatsApp, you can do so at +1480-597-6258

## **Our opening hours are:**

Day Hours  
Monday

6?AM–8:15?PM

Tuesday

7?AM–7:15?PM

Wednesday

5:15?AM–1:15?PM

Thursday

7:15?AM–12:15?PM

Friday

8:15?AM–12:15?PM

Saturday

5:15?AM–8:15?PM

Sunday

7?AM–8:15?PM

The website is [Pilates Phoenix](#)

If you require to change any data that you think is not precise about this site, we urge you to send us a message and we will handle it quickly. Thank you in advance we appreciate it.

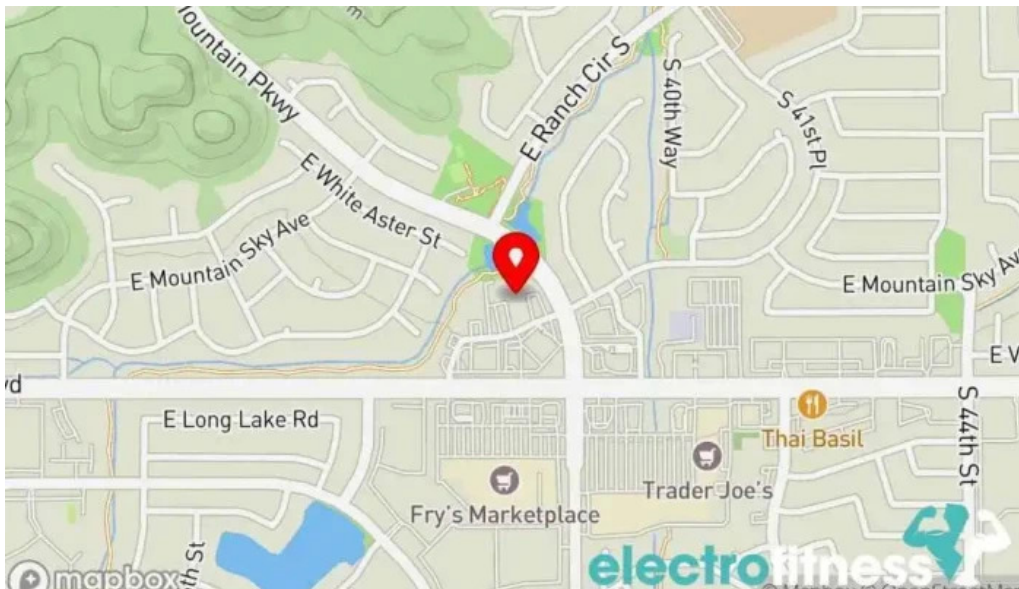
## Images



*Pilates phoenix pilates studio*



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*Pilates phoenix map*



electro



*Pilates phoenix by owner*



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## Tags

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

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<b>4.5 *</b>	<i>Teague Classical Pilates - Agoura Hills</i>
<b>5.0 *</b>	<i>Pilates Plus - Westlake Village Thousand Oaks - Thousand Oaks</i>
<b>5.0 *</b>	<i>Twist Pilates and Fitness - Washington</i>
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<b>5.0 *</b>	<i>Mighty Pilates Lafayette - Lafayette</i>

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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
foot care
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