

The Centered Body - Pleasant Hill

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The Centered Body - Pleasant Hill

Discover The Centered Body: Your Premier Pilates Studio in Pleasant Hill, California

The Centered Body is a **women-owned** Pilates studio located in Pleasant Hill, California, offering a welcoming and inclusive environment for all. This studio stands out not only for its commitment to quality instruction but also for being a **transgender safe space** and **LGBTQ+ friendly**.

Accessible Amenities for Everyone

The Centered Body ensures all guests feel welcome and comfortable with a variety of **accessibility options**. The studio features:

Wheelchair-accessible entrance **Wheelchair-accessible car park**
Wheelchair-accessible toilet **On-site parking** and **free parking lot** **Free of charge street parking**

Expert Instruction Tailored to Your Needs

Amy DeLong Martin, the owner and head instructor, is celebrated for her extensive knowledge and experience. According to clients, she possesses a unique ability to **individualize classes** to meet each person's specific needs. Her warm and engaging teaching style keeps students motivated and eager to return.

Service Options and Class Availability

The Centered Body offers a range of services, including both **online classes** and in-studio sessions. It's recommended to make an **appointment** in advance, especially for personalized sessions that delve deeper into individual goals. Many attendees recommend scheduling appointments to fully benefit from what the studio has to offer.

Reasons to Choose The Centered Body

Active military discounts available **Comfortable atmosphere** designed to feel like a sanctuary **Personalized attention** from experienced instructors
Classes ranging from mat to reformer Pilates Small class sizes promote individualized guidance

Client Experiences

Feedback from clients highlights the studio's dedication to their well-being:
"I have gone to Amy for over 10 years... She's the best thing you can do to improve and maintain your body." "The Centered Body is a beautiful pilates studio that is comfortable and feels like a little sanctuary where you can tend to your body." "Great personalized classes. Amy is awesome!"

Join The Centered Body Community

Whether you are a seasoned Pilates practitioner or new to the practice, The Centered Body welcomes you. With a focus on accessibility, community, and personalized instruction, this studio is not just a place to work out—it's a space to grow and connect. Visit today to see how you can start your journey toward wellness!

We are found at

1630 A, Contra Costa Blvd, 94523 Pleasant Hill, California - United States (US)

The contact phone of this **Pilates studio** is +1925-477-1735

And if you want to send a WhatsApp, you can do so at +1925-477-1735

Our opening hours are:

Day Hours
Monday
6?AM–9?PM
Tuesday
6?AM–7?PM
Wednesday
6?AM–7?PM
Thursday
9?AM–5?PM
Friday
6:30?AM–8?PM
Saturday
6?AM–9?PM
Sunday
6?AM–9?PM

The website is The Centered Body

If necessary to alter any data that you think is not accurate regarding this site, we ask send us a message so we can we will correct it at the earliest convenience. Thank you in advance thanks.

Images



The centered body yoga



The centered body street view 360deg



The centered body pleasant hill



The centered body map



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Tags

Active military discounts, Wheelchair-accessible entrance, Highlights, Appointment required, Accessibility, Wheelchair-accessible toilet, Appointments recommended, Identifies as women-owned, From the business, Free parking lot, Free of charge street parking, Crowd, Parking, Planning, LGBTQ+ friendly, Amenities, Wheelchair-accessible car park, Toilet, On-site parking, Service options, Transgender safe space, On-site services, Online classes

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martial arts club
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