

## Pamela's Pilates - South Lake Tahoe

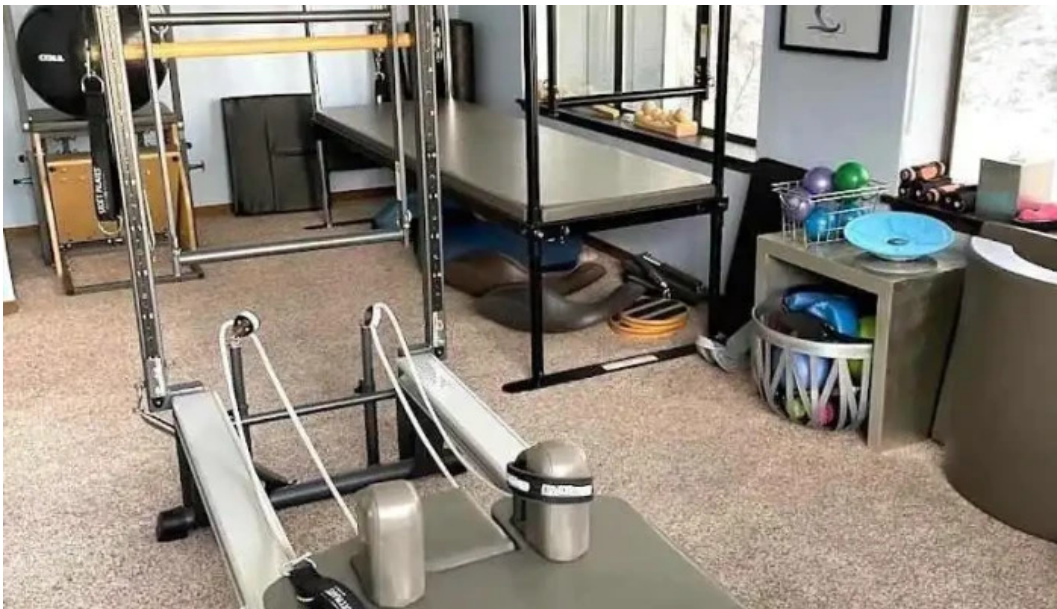
south lake tahoe

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*south lake tahoe*

## *Pamela's Pilates - South Lake Tahoe*

### Discover Pamela's Pilates Studio in South Lake Tahoe, California

If you're looking for a top-notch Pilates experience, look no further than **Pamela's Pilates Studio** located in beautiful South Lake Tahoe, California. This studio is known for its dedication to personalized instruction and accessibility, making it a great choice for anyone interested in enhancing their fitness journey.

### Appointments Recommended for Optimal Experience

To ensure you receive the best possible instruction, **appointments are recommended** at Pamela's Pilates. With only four reformers available, the classes are designed to provide ample personal attention to each participant. This small group setting guarantees that you will receive guidance tailored to your specific needs.

## **Planning Your Visit: Important Amenities**

Before heading to the studio, it's essential to plan your visit. Classes are offered at various times, and it's advisable to reserve your spot in advance to avoid disappointment. A pack of ten classes is available for **\$300**, which must be booked prior to your arrival. You can easily call Pamela for the schedule and to secure your classes. Once you're set up, feel free to text her for additional class sign-ups.

## **Accessibility Features for All**

Pamela's Pilates Studio takes pride in its commitment to inclusivity. The studio features a **wheelchair-accessible entrance**, ensuring that everyone can participate in the classes. Additionally, there is a **wheelchair-accessible car park** nearby, making it convenient for all attendees.

## **Facilities: Clean and Comfortable**

The studio also offers essential amenities, including clean toilets, which make your visit more comfortable. Ensuring a pleasant environment is a priority for Pamela, contributing to an overall positive experience for all participants.

## **Why Choose Pamela's Pilates Studio?**

With a focus on small group and private classes, Pamela provides exceptional training and support. Her ability to cater to individual needs combined with the studio's accessible features makes it an ideal location for both beginners and experienced Pilates enthusiasts alike.

In summary, if you're in South Lake Tahoe and looking to improve your fitness through Pilates, consider making an appointment at **Pamela's Pilates Studio**. With its welcoming atmosphere, expert instruction, and accessible facilities, you're sure to have a rewarding experience. Don't forget to plan ahead and reserve your spot!

## **We are located at**

2311 Lake Tahoe Blvd Suite 3, 96150 South Lake Tahoe, California - United States (US)

The contact phone of the mentioned **Pilates studio** is +1530-721-0591  
And if you want to send a WhatsApp, you can do so at +1530-721-0591

## **We look forward to seeing you at:**

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

The website is Pamela's Pilates

If you need to update any data that you feel is incorrect about this site, we urge you to deliver a message so that we will adjust it promptly. In advance we appreciate it.

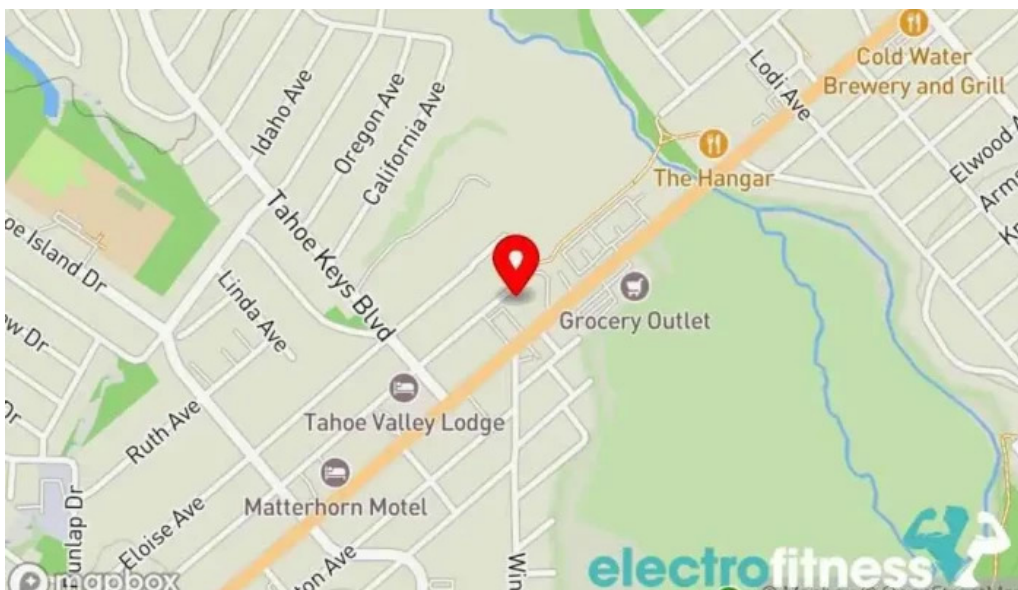
## **Images**



*Pamelas pilates yoga*



*Pamelas pilates street view 360deg*

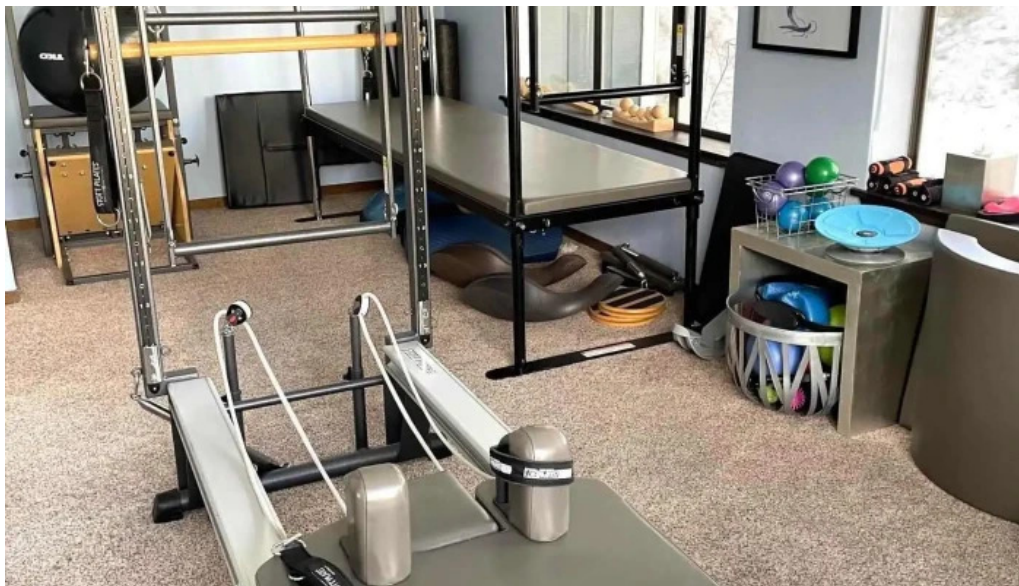


*Pamelas pilates map*





*Pamelas pilates by owner*



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## Tags

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

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**5.0 \*** *The Pilates Den - Williston*

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fertility clinic
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fitness
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fitness equipment wholesaler
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grocery store
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
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health food store
health spa
hiking area
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hotel
indoor cycling
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karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist



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medical group
medical spa
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metaphysical supply store
muay thai boxing gym
non-profit organization
nutritionist
outdoor sports store
outdoor swimming pool
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
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sports nutrition store
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water park
weight loss service
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women's organization
women's personal trainer
wrestling school
yoga instructor
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