

Core Pilates and Wellness - Spokane

spokane

☐ I'm not a robot
 

Published on: 03/05/25	Hits: 96
Comments: 0	See comments
Votes: 12	Score: 4.9

https://www.electrofitness.com/pilates-studio/spokane/core-pilates-and-wellness-spokane_258172.ph

p



spokane

Core Pilates and Wellness - Spokane

Discover Core Pilates and Wellness in Spokane, Washington

Core Pilates and Wellness is a premier Pilates studio located in Spokane, offering a variety of ****service options**** tailored to meet the needs of every individual. Whether you are a beginner or an experienced practitioner, this studio provides a warm and welcoming environment to support your fitness journey.

Accessibility Features

Core Pilates and Wellness is committed to ensuring that everyone can access their services. The studio boasts a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, making it easy for all clients to visit. Additionally, the facility includes a ****wheelchair-accessible toilet****, prioritizing comfort and convenience for all visitors.

Planning Your Visit

When planning your visit to Core Pilates and Wellness, it's recommended to schedule your sessions in advance. ****Appointments are recommended**** to ensure you receive personalized attention during your classes. The studio's instructors, including the highly praised Dana and Brittany, are known for their attentiveness and ability to adapt workouts based on individual physical abilities.

Class Offerings

The studio features a wide range of classes, including private sessions that allow newcomers to learn proper techniques in a supportive setting. Many clients have expressed their appreciation for the modern approach to Pilates being taught, emphasizing the focus on pelvic tilt and core strength. Those who have attended classes report significant improvements in flexibility, balance, and overall strength.

Online Classes

For those who prefer to practice at home, Core Pilates and Wellness also offers ****online classes****. This flexible option allows participants to maintain their routine from the comfort of their homes while still benefiting from professional instruction.

Amenities and Clean Environment

One of the standout features of Core Pilates and Wellness is its commitment to cleanliness and a well-managed environment. Clients have praised the studio for its modern facilities and various equipment that cater to different fitness levels.

Community and Support

Core Pilates and Wellness fosters a strong sense of community among its clients. Many attendees highlight the supportive atmosphere created by both the instructors and fellow participants. The relationship between students and instructors promotes personal growth and motivation, making it an ideal place to develop a new passion for Pilates. In conclusion, Core Pilates and Wellness in Spokane, Washington, stands out as a top-notch Pilates studio that combines excellent service options with accessibility and a strong community focus. Whether you're looking to improve your physical health, explore new workout routines, or enjoy the benefits of Pilates, this studio has everything you need to

succeed.

We are found at

1174 W Summit Pkwy, 99201 Spokane, Washington - United States (US)

The contact phone of this **Pilates studio** is +1509-220-0742

And if you want to send a WhatsApp, you can do so at +1509-220-0742

Visit us during the following hours:

Day Hours
Monday

6:30?AM–6:30?PM

Tuesday

6:30?AM–6:30?PM

Wednesday

6:30?AM–5:30?PM

Thursday

8:30–11:30?AM

Friday

8:30–11:30?AM

Saturday

6:30?AM–6:30?PM

Sunday

6:30?AM–6:30?PM

The website is Core Pilates and Wellness

If you wish to change any information that you feel is not accurate about this web, we urge you to deliver a message so that we will correct it at the earliest convenience. Thank you in advance we appreciate it.

Images



Core pilates and wellness street view 360deg



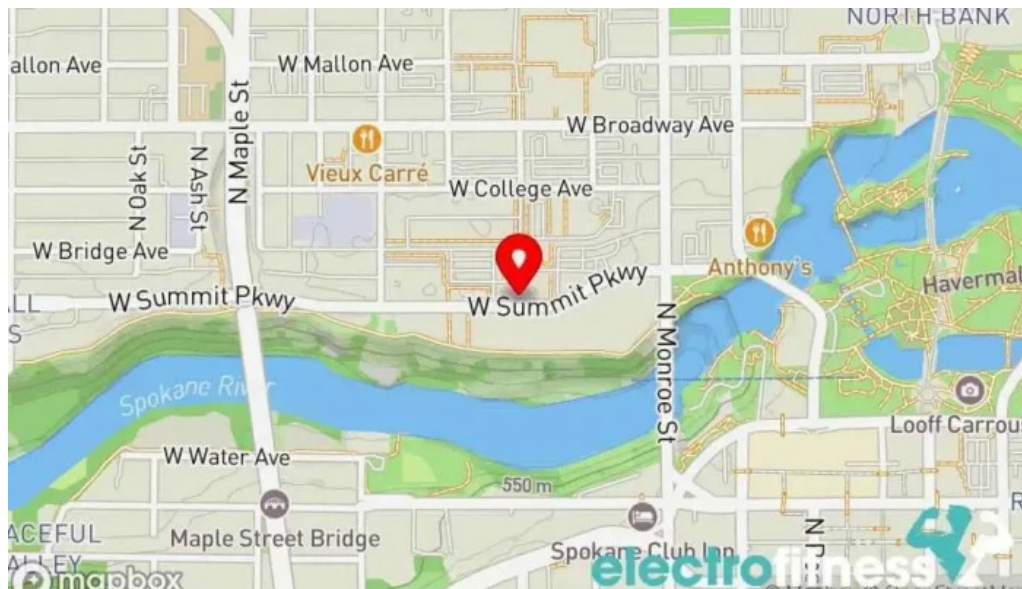
Core pilates and wellness spokane



Core pilates and wellness schedule



Core pilates and wellness pilates studio



Core pilates and wellness map



Core pilates and wellness discounts



Core pilates and wellness all

Tags

Appointments recommended, Service options, Amenities, Online classes, Wheelchair-accessible car park, Toilet, Wheelchair-accessible entrance, Accessibility, Planning, Wheelchair-accessible toilet

Related content

5.0 *	<i>Core Dynamics-Pilates - Santa Fe</i>
3.6 *	<i>Common Core Pilates - Walnut Creek</i>
4.8 *	<i>Core Fitness Academy - Abita Springs</i>
5.0 *	<i>Core Connection - Santa Fe</i>
4.3 *	<i>Core Movement Collective - Santa Fe</i>
5.0 *	<i>Core Balance Movement - Concord</i>
5.0 *	<i>Pilates Plus - Centennial</i>
5.0 *	<i>Wellness in Motion Llc - Pilates in Boise, Idaho - Boise</i>
5.0 *	<i>Pilates Santa Fe - Santa Fe</i>
5.0 *	<i>The Pilates Den - Williston</i>

Categories

academic department
acupuncture clinic
after school program
amusement center
amusement park ride
animal feed store
apartment complex
aquatic centre
arena
association / organization
athletic club
auditorium
bar
basketball club
basketball court
batting cage center
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
parkour spot
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
resort hotel
rock climbing
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