

Pilates Plus - Westlake Village Thousand Oaks - Thousand Oaks

thousand oaks

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Welcome to Pilates Plus - Westlake Village Thousand Oaks

Pilates Plus is a premier **Pilates studio** located in **Thousand Oaks, California**, and has been a staple of the community for over a decade. This women-owned business excels in providing an inclusive environment where all individuals can engage in fitness, promoting not only physical strength but also mental well-being.

Planning Your Visit

When planning your visit to Pilates Plus, you'll find that the studio emphasizes ****accessibility**** for all its clients. With a ****wheelchair-accessible entrance**** and a dedicated ****wheelchair-accessible car park****, everyone can enjoy the myriad of services offered.

Amenities and On-Site Services

****Amenities**** at Pilates Plus are designed to enhance your workout experience. They provide ****gender-neutral toilets**** for added convenience and privacy. The studio prides itself on maintaining cleanliness and ensuring that all facilities meet high standards for hygiene. The range of ****on-site services**** includes personalized classes tailored to individual fitness levels. Instructors here are not only skilled but also dedicated to giving personalized attention, correcting form, and offering modifications as needed.

Service Options and Class Variety

At Pilates Plus, there is something for everyone. Their ****service options**** include various class types, accommodating different skill levels and preferences. Classes are available both in-person and through ****online classes****, making it easy for you to fit Pilates into your schedule. For newcomers, it's recommended to make ****appointments****, especially for classes that may fill up quickly.

Testimonials from Clients

Many clients have shared their positive experiences about Pilates Plus: - One visitor noted, "The staff is fantastic! They went out of their way to make me feel welcome," highlighting the studio's supportive ****service options****. - A long-time member expressed gratitude: "I can't express enough how much it has transformed my body. The workouts are challenging yet rewarding." - Another client shared, "If you're looking for a Pilates studio that not only delivers results but also creates a welcoming environment, Pilates Plus is the place to be." These testimonials reflect the studio's commitment to fostering a ****welcoming atmosphere****, ensuring that each client feels valued and empowered throughout their fitness journey.

Conclusion

In conclusion, Pilates Plus - Westlake Village Thousand Oaks offers more than just workouts; it provides a comprehensive fitness experience tailored to individual needs. With attentive instructors, personalized classes, and an accessible environment, it continues to be a beloved choice for many in the community. Whether you're a seasoned practitioner or completely new to Pilates, this studio has something special to offer. Visit Pilates Plus today, and take the first step towards a healthier, stronger you!

The location of our business is in

2845 E Thousand Oaks Blvd, 91362 Thousand Oaks, California - United States (US)

The phone of said **Pilates studio** is +1805-778-1514

And if you want to send a WhatsApp, you can do so at +1805-778-1514

We open at the following schedule:

Day Hours

Monday
7–11?AM

Tuesday
Closed

Wednesday
6:15?AM–7:30?PM

Thursday
6:15?AM–7:30?PM

Friday
6:15?AM–7:30?PM

Saturday
6:15?AM–7:30?PM

Sunday
6:15–11?AM

The website is Pilates Plus - Westlake Village Thousand Oaks

If you need to change any detail that you feel is not accurate regarding this site, please send a message and we will correct it quickly. In advance thanks for your cooperation.

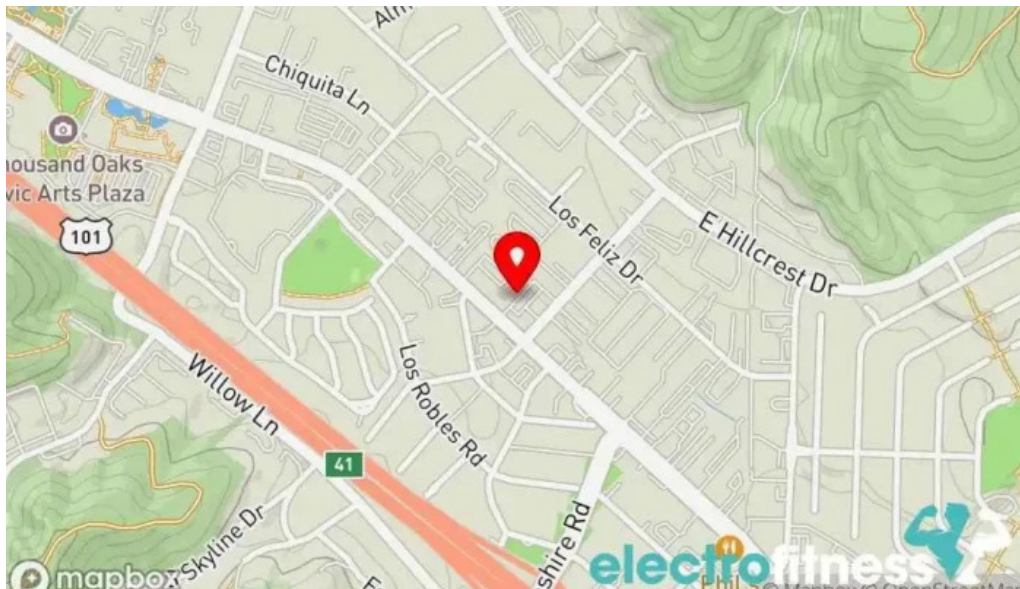
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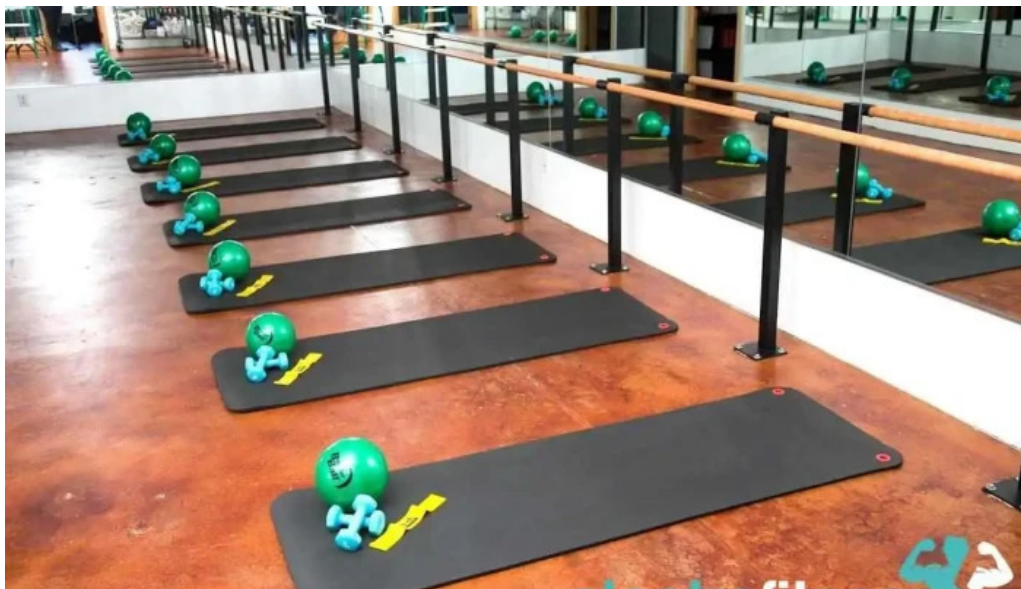
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Tags

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

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