

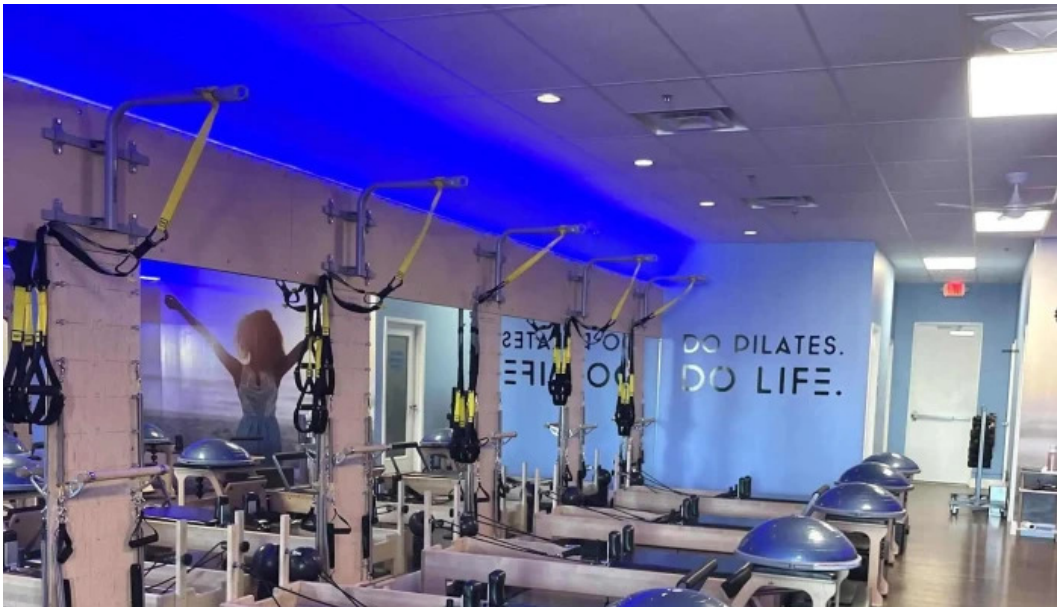
Club Pilates - Waldorf

waldorf

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https://www.electrofitness.com/pilates-studio/waldorf/club-pilates-waldorf_174804.php



waldorf

Club Pilates - Waldorf

Discover the Accessibility at Club Pilates in Waldorf, Maryland

Club Pilates in Waldorf, Maryland, stands out not just for its excellent Pilates classes but also for its commitment to ensuring accessibility for all. With a ****wheelchair-accessible entrance****, a ****wheelchair-accessible car park****, and a ****wheelchair-accessible toilet****, this studio is designed thoughtfully to welcome everyone.

A Welcoming Experience for All Fitness Levels

From the moment you step inside, you'll notice the warm and inviting

atmosphere. The instructors at Club Pilates are dedicated to ensuring that every individual feels comfortable and supported in their journey toward fitness. Many reviews highlight Kathleen's expertise and her ability to provide personalized attention in each class. She creates an environment where clients feel encouraged and motivated, making it an ideal place for both beginners and seasoned practitioners.

Convenient Amenities for a Seamless Experience

Club Pilates offers various ****amenities**** to enhance your workout experience. The cleanliness of the studio is frequently praised, with guests noting that the space is well-maintained and calming. Additionally, the efficient booking system through their app makes it easy to sign up for classes and manage your schedule. This convenience is especially appreciated by those balancing busy lifestyles.

Instructors Who Care

The instructors at Club Pilates are known for their patience and dedication. Many clients have shared how instructors like Bradley provide constructive feedback and modifications to accommodate individual needs, including clients with injuries. This level of care ensures that everyone, regardless of ability, can partake in challenging yet enjoyable workouts.

The Benefits of Pilates

Attendees rave about the positive impact Pilates has had on their health and well-being. The low-impact nature of Pilates is particularly beneficial for older adults or those with existing conditions. Several members have reported improvements in flexibility, posture, and overall physical fitness after attending classes regularly.

Final Thoughts

At Club Pilates in Waldorf, Maryland, accessibility, kindness, and professionalism combine to create a welcoming fitness environment. The thoughtful design considerations, such as a ****wheelchair-accessible entrance****, ensure everyone can participate in the health benefits of Pilates. With knowledgeable instructors committed to your progress, it's no wonder this studio has earned such high praise from its community. Whether you're new to Pilates or looking to deepen your practice, Club Pilates is ready to support you on your journey.

Our location is in

3716 Crain Hwy, 20602 Waldorf, Maryland - United States (US)

The contact line of the mentioned **Pilates studio** is [+1301-752-7594](tel:+1301-752-7594)

And if you want to send a WhatsApp, you can do so at [+1301-752-7594](https://www.whatsapp.com/business/profile/13017527594)

We are open during the following hours:

Day Hours
Monday

9:00AM–1:00PM

Tuesday

6:30:00AM–1:00PM 4–8:00PM

Wednesday

7:00AM–1:00PM 4–8:00PM

Thursday

6:30:00AM–1:00PM 4–8:00PM

Friday

7:00AM–1:00PM 4–8:00PM

Saturday

6:30:00AM–1:00PM 4–6:00PM

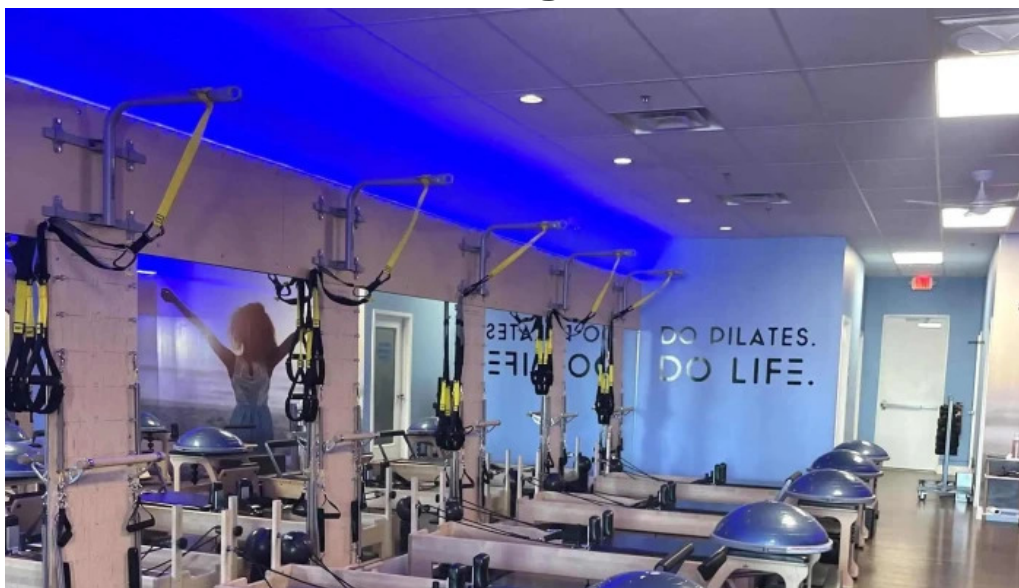
Sunday

9:00AM–1:00PM

The website is [Club Pilates](https://www.clubpilates.com)

If you wish to change any data that you believe is not correct concerning this site, please deliver a message so that we will handle it at the earliest convenience. Thanks beforehand we appreciate it.

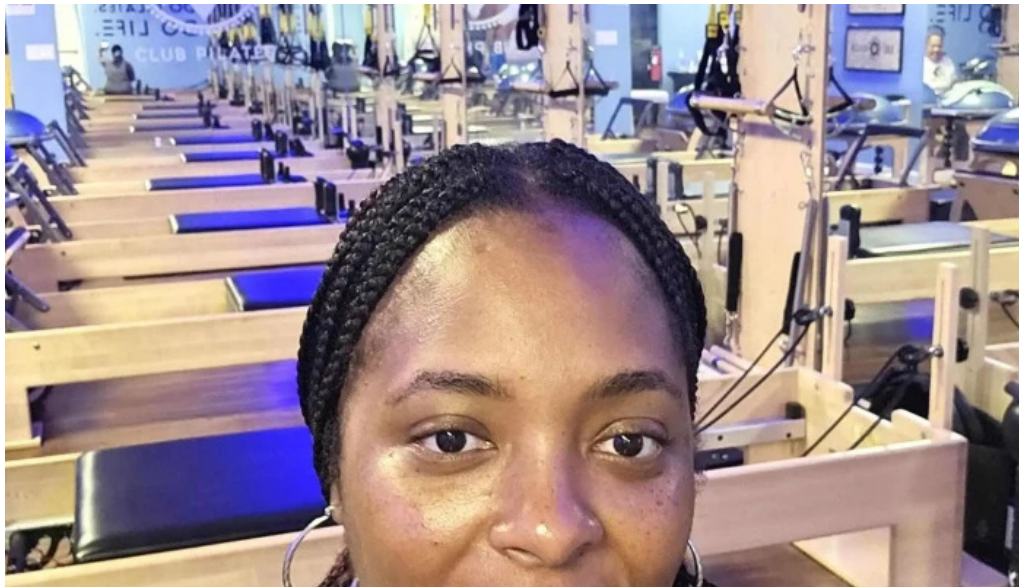
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Club pilates schedule



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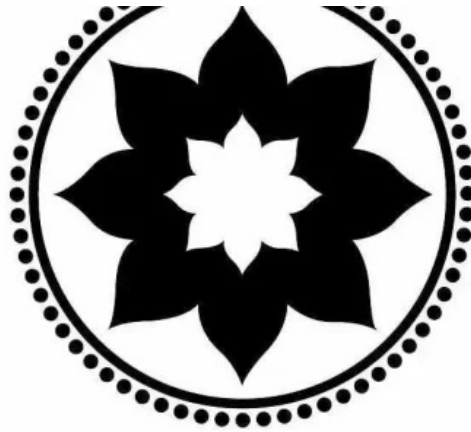
Club pilates pilates studio



Club pilates number



Club pilates map



CLUB PILATES®

Club pilates by owner



Club pilates all

Tags

Accessibility, Wheelchair-accessible entrance, Wheelchair-accessible car park, Toilet, Amenities, Wheelchair-accessible toilet

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martial arts club
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