

Contra Costa Pilates Center - Walnut Creek

walnut creek

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Welcome to Contra Costa Pilates Center

Located in Walnut Creek, California, ****Contra Costa Pilates Center**** is not just another Pilates studio; it's a community dedicated to helping individuals achieve their fitness goals while fostering a supportive environment.

Accessibility and Amenities

One of the standout features of our studio is its ****commitment to accessibility****. With a ****wheelchair-accessible car park**** and a

****wheelchair-accessible entrance****, we ensure that everyone can partake in our classes comfortably. Our facilities also include a ****wheelchair-accessible toilet****, making it convenient for all guests.

Expert Instruction by Lisa

Lisa Golden, our head instructor, has garnered rave reviews from clients over the years. As one patron noted, "Lisa is a top-notch instructor." Her ability to tailor workouts according to individual needs sets her apart. Whether you're a seasoned athlete or a beginner, Lisa's focus on your specific goals ensures effective results.

Community Atmosphere

At Contra Costa Pilates Center, community matters. Clients consistently highlight how Lisa has fostered an environment where everyone encourages one another. "We celebrate each other's successes and never judge each other's weaknesses," shared a long-time member. This collaborative spirit makes every visit enjoyable and motivating.

Planning Your Visit

To make the most of your experience, ****appointments are recommended****. This allows us to prepare personalized sessions that maximize your workout benefits. Lisa always seems to know exactly what each individual requires during their sessions, which adds to the uniqueness of your Pilates journey.

Classes That Cater to All Abilities

Our studio prides itself on being inclusive. "If you want to learn classical Pilates in a friendly environment where no one is judged on age, gender, or physical abilities, this is the place to be," a satisfied client expressed. With customized routines designed to accommodate various physical constraints, you are guaranteed a nurturing environment.

Your Fitness Journey Starts Here

Whether you're looking to build strength, enhance flexibility, or simply stay active as you age, Contra Costa Pilates Center has something for everyone. ****Do something wonderful for yourself and do your workout here!**** Experience how Lisa can take your Pilates practice to new heights while ensuring every session aligns with your personal fitness targets.

The business is situated at

1280 Boulevard Way #210, 94595 Walnut Creek, California - United States (US)

The contact line of this **Pilates studio** is +1925-938-2022

And if you want to send a WhatsApp, you can do so at +1925-938-2022

We open at the following schedule:

Day Hours
Monday
8:30?AM–7?PM
Tuesday
8:30?AM–4?PM
Wednesday
8:30?AM–12?PM
Thursday
Closed
Friday
8:30?AM–7?PM
Saturday
8:30?AM–7?PM
Sunday
8:30?AM–7?PM

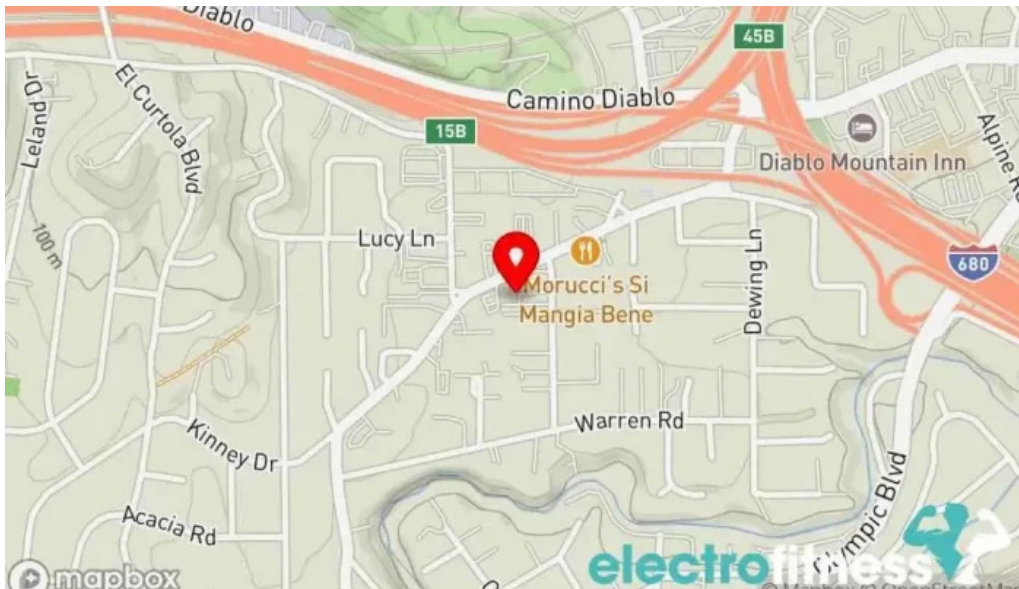
The website is [Contra Costa Pilates Center](#)

If necessary to update any detail that you consider is not accurate related to this web, we ask send a message so that we will fix it as soon as possible. With anticipation thanks for your cooperation.

Images



Contra costa pilates center walnut creek



Contra costa pilates center map



Contra costa pilates center by owner



Contra costa pilates center all

Tags

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

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