

## The Hundred & More - A Classical Pilates Studio - Walnut Creek

walnut creek

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*walnut creek*

## *The Hundred & More - A Classical Pilates Studio - Walnut Creek*

### **The Hundred & More - A Classical Pilates Studio in Walnut Creek, California**

Nestled in the heart of Walnut Creek, California, **\*\*The Hundred & More\*\*** offers a unique experience for both Pilates enthusiasts and beginners. This studio stands out due to its commitment to classical Pilates, providing a supportive environment for individuals eager to enhance their physical

well-being.

## **Service Options and Amenities**

At The Hundred & More, clients can expect a variety of **service options** including private lessons and group classes tailored to all skill levels. The studio is equipped with high-end Pilates equipment, ensuring an effective workout. Amenities include a **wheelchair-accessible entrance** and a **wheelchair-accessible toilet**, making it convenient for everyone. There is also a **wheelchair-accessible car park**, highlighting the studio's dedication to **accessibility**.

## **Online Classes and On-Site Services**

In response to the growing demand for flexibility, The Hundred & More offers **online classes** alongside their in-person sessions. This option is perfect for those who prefer to practice Pilates from the comfort of their own home. However, for a more personal touch, **on-site services** are available, allowing instructors to provide individualized attention during each session.

## **Planning Your Visit**

When planning your visit, it's important to keep in mind that **appointments are recommended** to secure a spot in both private sessions and group classes. The intimate class sizes ensure personalized instruction, allowing clients to receive guidance tailored to their unique needs.

## **A Welcoming Environment**

Clients rave about the inviting atmosphere at The Hundred & More. Many describe the studio as "beautiful, comfortable, and bright," which adds to the overall experience. Instructors like Claudia and Rebecca are noted for their **expertise**, passion for Pilates, and their ability to create a welcoming space for beginners as well as experienced practitioners.

## **Success Stories and Transformations**

Numerous testimonials highlight the tangible benefits of practicing at The Hundred & More. Many clients have experienced significant improvements in their posture, core strength, and overall body awareness. For instance, one client mentioned how consistent Pilates practice helped alleviate chronic lower back pain, leading to a more balanced and aligned body. Such success stories reflect the studio's effectiveness in providing top-notch Pilates training.

## **Final Thoughts**

Whether you are a seasoned Pilates practitioner or new to the practice, The Hundred & More serves as a hub for wellness and community. With its focus on classical instruction, accessibility, and personalized service, this studio truly represents the best of Walnut Creek's Pilates offerings. Don't hesitate to reach

out and start your journey toward improved health and well-being today!

**The location of our business is in**

2125 Ygnacio Valley Rd #109, 94596 Walnut Creek, California - United States (US)

The contact line of this **Pilates studio** is +1925-725-1212

And if you want to send a WhatsApp, you can do so at +1925-725-1212

**Our opening hours are:**

Day Hours  
Monday  
7?AM–7?PM  
Tuesday  
7?AM–7?PM  
Wednesday  
7?AM–4?PM  
Thursday  
9:30?AM–3?PM  
Friday  
7?AM–7?PM  
Saturday  
7?AM–7?PM  
Sunday  
7?AM–7?PM

The website is The Hundred & More - A Classical Pilates Studio

If you require to adjust any detail that you feel is not accurate concerning this page, we ask forward a message so we can we will fix it promptly. Thanks beforehand thanks.

**Images**



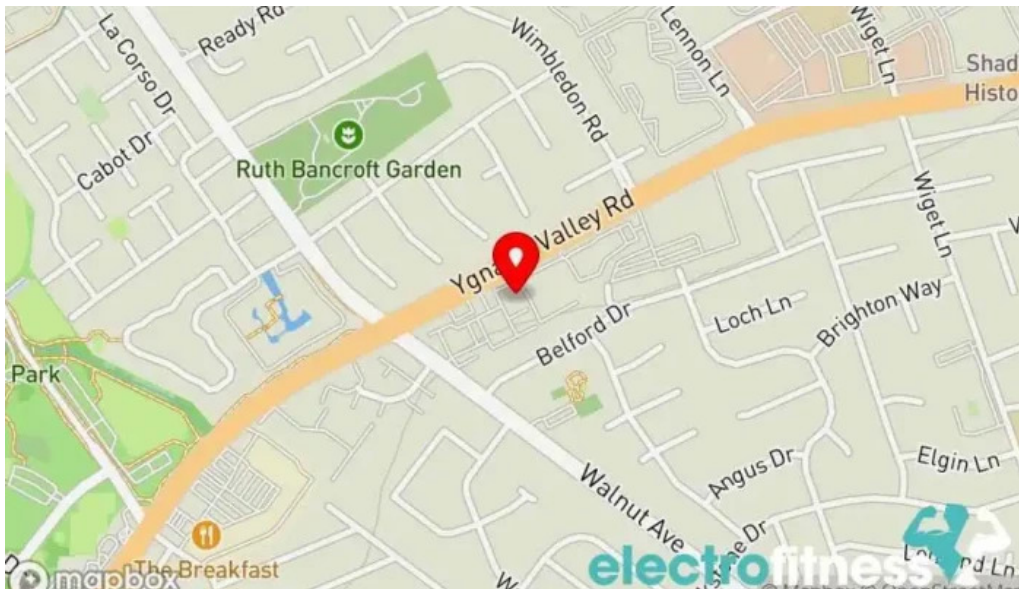
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## Tags

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

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hotel
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kinesiotherapist
martial arts club
martial arts school
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non-profit organization
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rock climbing gym
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shooting range
sports club
sports complex
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sports school
tennis club
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wellness center
yoga studio