

## YogaSix Waterford Lakes - Orlando

orlando

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orlando

## YogaSix Waterford Lakes - Orlando

### Discover YogaSix Waterford Lakes: An Inclusive Yoga Studio in Orlando, Florida

YogaSix Waterford Lakes is a vibrant yoga studio located in Orlando, Florida, known for its welcoming atmosphere and diverse class offerings. Whether you are a seasoned yogi or a complete beginner, this studio provides the perfect environment to enhance your yoga practice.

#### Accessibility Features

One of the standout features of YogaSix Waterford Lakes is its commitment to

**\*\*accessibility\*\***. The studio includes a **\*\*wheelchair-accessible entrance\*\***, ensuring that all members of the community can participate in yoga classes. Additionally, there is a **\*\*wheelchair-accessible toilet\*\*** and **\*\*wheelchair-accessible car park\*\***, making it easier for individuals with mobility challenges to enjoy the benefits of yoga.

## **Amenities and On-Site Services**

YogaSix offers a variety of on-site services and **\*\*amenities\*\*** designed to enhance your experience:

- **\*\*Clean Facilities\*\***: The studio is regularly maintained, providing a tidy environment for all classes.
- **\*\*Cool Towels\*\***: After a hot yoga session, enjoy refreshing cool towels, adding an extra touch of care.
- **\*\*Helpful Staff\*\***: The front desk staff is notably friendly, providing assistance and guidance on class schedules and offerings. With such amenities, members report feeling welcomed and supported as they embark on their yoga journey.

## **Variety of Class Options**

YogaSix Waterford Lakes features an array of class types catering to different fitness levels and preferences. Popular classes include:

- **\*\*Restore Classes\*\***: Ideal for relaxation and recovery, these classes focus on gentle movements and deep breathing.
- **\*\*Hot Yoga\*\***: For those seeking a challenge, hot yoga sessions help detoxify the body while improving flexibility and strength.
- **\*\*Sculpt and Flow\*\***: Combining strength training with traditional yoga poses, this class is both engaging and effective. Each instructor brings their unique style, ensuring that no two classes feel the same, even when attending multiple sessions a week.

## **Community and Support**

The sense of community at YogaSix is palpable. Many students highlight the supportive atmosphere fostered by both instructors and fellow participants. Instructors like Heather, David, and Shelby receive praise for their clear cues, inclusive approach, and commitment to helping every student find their place in the practice. As one member noted, "The instructors provide great suggestions for improvement always respectfully and without singling anyone out," illustrating the studio's dedication to a non-judgmental environment.

## **Final Thoughts**

If you're looking for a yoga studio that prioritizes **\*\*accessibility\*\***, offers a wealth of **\*\*amenities\*\***, and fosters a supportive community, look no further than YogaSix Waterford Lakes. With on-site services and a commitment to inclusivity, this studio stands out as a fantastic choice for anyone looking to explore the world of yoga in Orlando. Whether you're new to the practice or a seasoned pro, YogaSix promises an experience that enriches both the mind and body.

## You can reach us at

12496 Lake Underhill Rd #155, 32828 Orlando, Florida - United States (US)

The phone number of the respective **Yoga studio** is +1321-800-3857

And if you want to send a WhatsApp, you can do so at +1321-800-3857

## Our service hours are:

Day Hours  
Monday  
6:30?AM–8:30?PM  
Tuesday  
5:30?AM–8:30?PM  
Wednesday  
6:30?AM–8:30?PM  
Thursday  
5:30?AM–8:30?PM  
Friday  
6:30?AM–7?PM  
Saturday  
7:30?AM–1?PM  
Sunday  
9?AM–5:30?PM

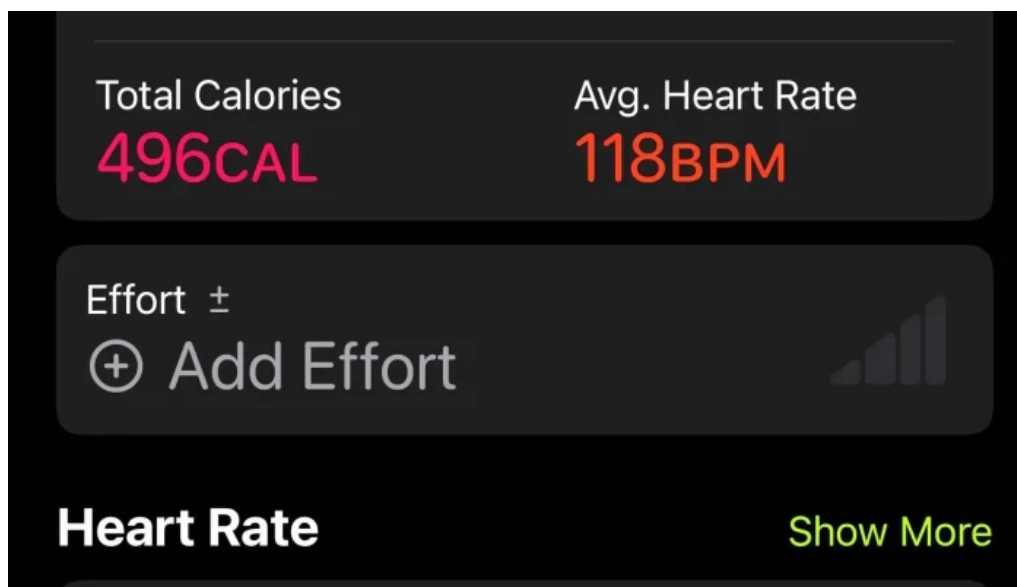
The website is YogaSix Waterford Lakes

If you require to adjust any element that you feel is not correct concerning this site, we urge you to send us a message so that we will fix it quickly. Thanks beforehand thanks.

## Images



*Yogasix waterford lakes yoga studio*



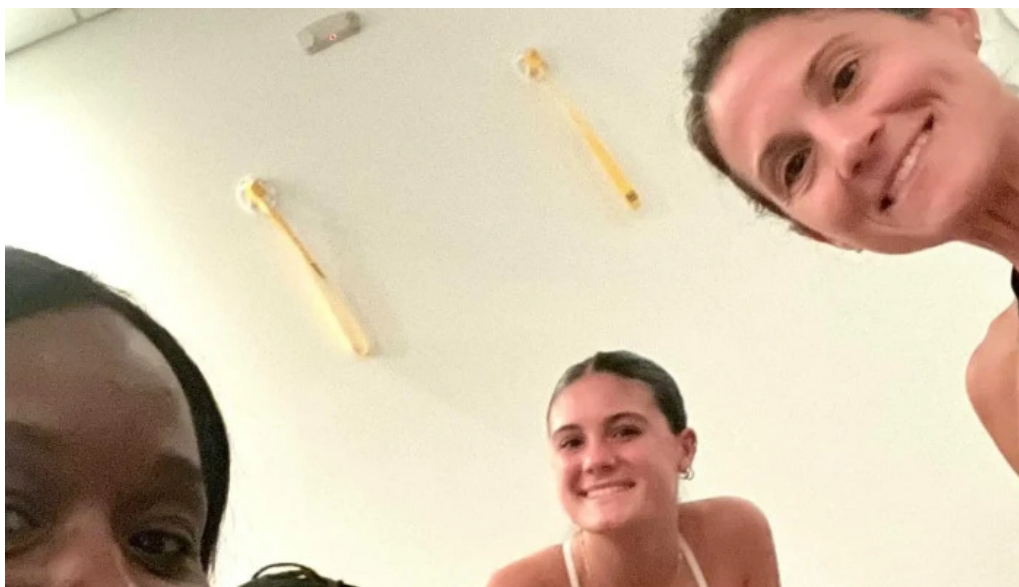
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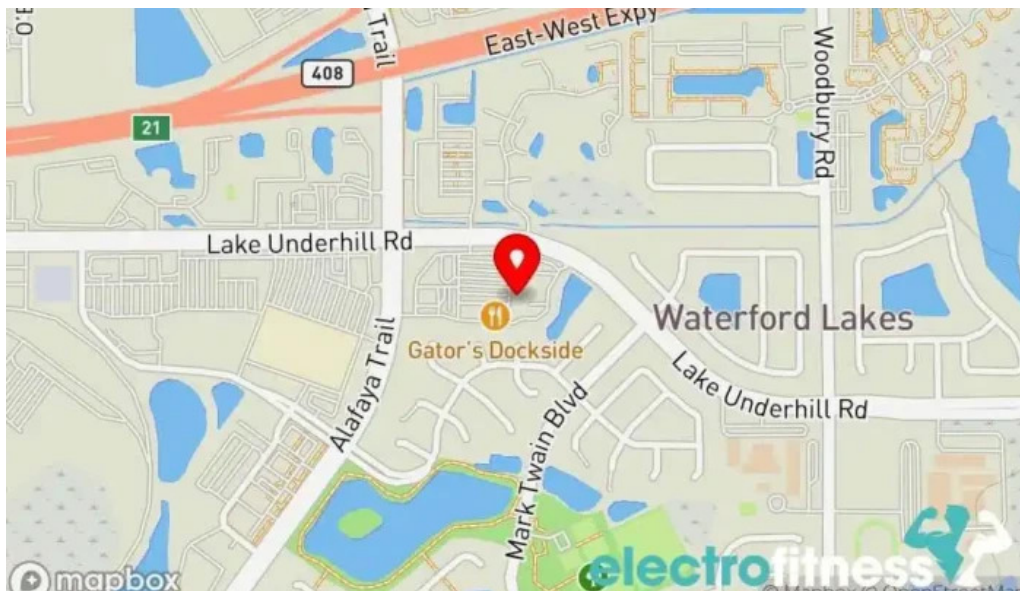




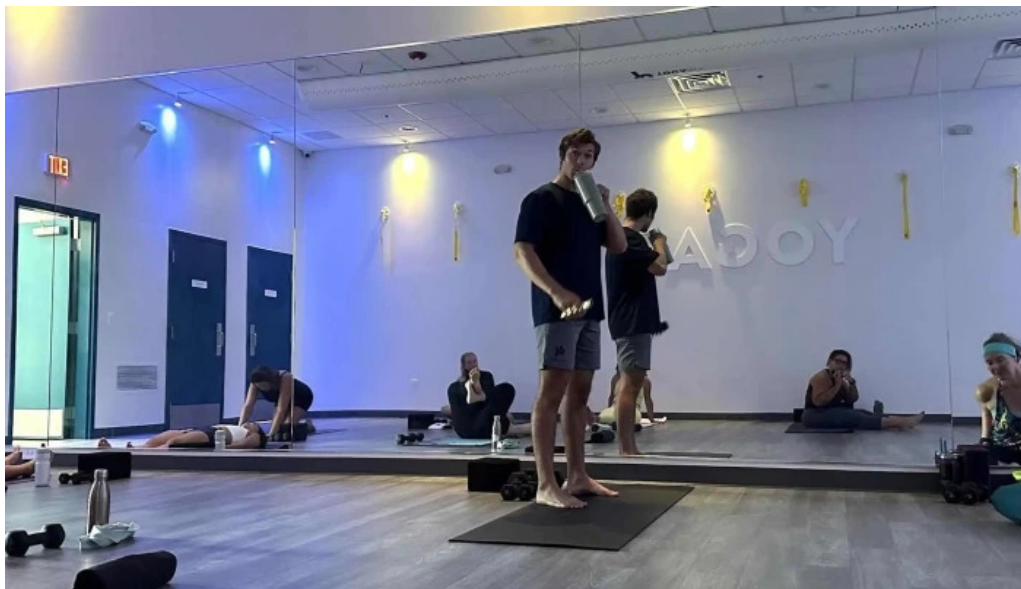
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## Tags

*On-site services, Wheelchair-accessible toilet, Amenities, Service options, Toilet, Accessibility, Wheelchair-accessible car park, Wheelchair-accessible entrance*

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| aquatic centre             |
| arena                      |
| association / organization |
| athletic club              |
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| bar                        |
| basketball club            |

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| boxing gym                   |
| boxing ring                  |
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| cultural center              |
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| dollar store                 |
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| gymnastics center            |
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