

Bodyrok Alamo- Pilates - Alamo

alamo

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alamo

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Discover BODYROK Alamo: Your Premier Pilates Experience

BodyROK Alamo is making waves in the fitness community, offering a unique blend of challenging workouts and a supportive atmosphere. For those seeking an effective and engaging workout, this studio stands out for several reasons.

Accessibility at BODYROK Alamo

At BODYROK, accessibility is a priority. The facility features a ****wheelchair-accessible car park**** and a ****wheelchair-accessible entrance****, ensuring that everyone can enjoy their fitness journey without barriers. This

inclusive approach allows all individuals to partake in the invigorating classes offered.

Why Choose BODYROK Alamo?

Many clients rave about their experiences at BodyROK Alamo, highlighting the remarkable instructors and vibrant environment. "The instructors are knowledgeable, encouraging, and always bring great energy to every class," shares one satisfied member. Another adds, "The best workout with the best instructors. Highly recommended!" With a maximum class size of 14, participants benefit from personalized attention, ensuring that everyone feels supported throughout their session. Whether you're a seasoned athlete or a beginner, the guidance provided by the instructors makes all the difference.

Transformative Workouts

BodyROK specializes in Pilates sessions that strengthen and tone the body. As one member puts it, "I can def feel the difference in my core strength." Many attendees have noted significant improvements in their physical abilities, particularly in areas they didn't even know needed work. From enhancing glute strength to improving overall fitness levels, BodyROK's workouts cater to various fitness goals. "In combination with the gym, I can see a huge difference in my lower body," expresses another enthusiastic attendee.

A Community of Support

The camaraderie at BodyROK is palpable. Members describe the supportive environment fostered by instructors like Chelsea and Navina, who not only offer top-notch training but also create a welcoming atmosphere for newcomers. "Chelsea is an amazing instructor and so humble to the first-time members," says one participant. The upbeat music and fun vibe contribute to a positive experience, making every class enjoyable. "Super fun class! Great instructor!" highlights the enthusiasm felt within the studio.

Join the BODYROK Family Today!

If you're in the Alamo area and looking for a place to elevate your fitness routine, look no further than BODYROK. With its focus on accessibility, excellent instructors, and transformative workouts, you won't regret giving it a try. Sign up today and see the difference for yourself!

You can visit us at the address:

170f Alamo Plaza, 94507 Alamo, California - United States (US)

The phone of this **Fitness center** is +1925-263-6498

And if you want to send a WhatsApp, you can do so at +1925-263-6498

We look forward to seeing you at:

Day Hours
Monday

6–7:45?AM 8:30–10:15?AM 12–12:45?PM 4:30–8:15?PM

Tuesday

6–7:45?AM 8:30–10:15?AM 12–1:45?PM 4:30–7:15?PM

Wednesday

6–7:45?AM 8:30–10:15?AM 12–1:45?PM 4:30–8:15?PM

Thursday

6–7:45?AM 8:30–11:15?AM 12–1:45?PM

Friday

7?AM–12:45?PM

Saturday

8–11:45?AM 3–5:45?PM

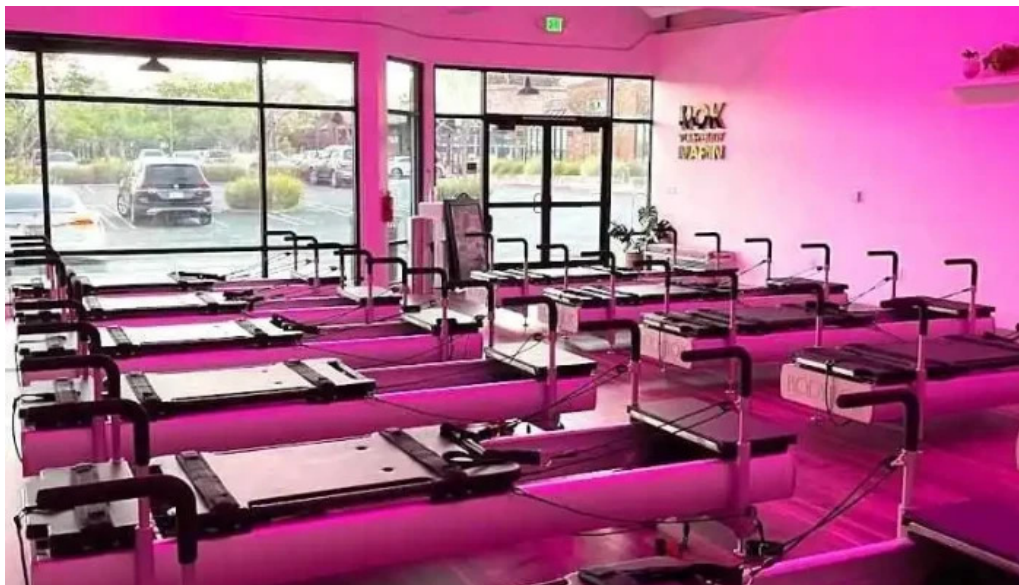
Sunday

6–7:45?AM 8:30–10:15?AM 12–1:45?PM 5:30–7:15?PM

The website is [BODYROK Alamo- Pilates](#)

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Images



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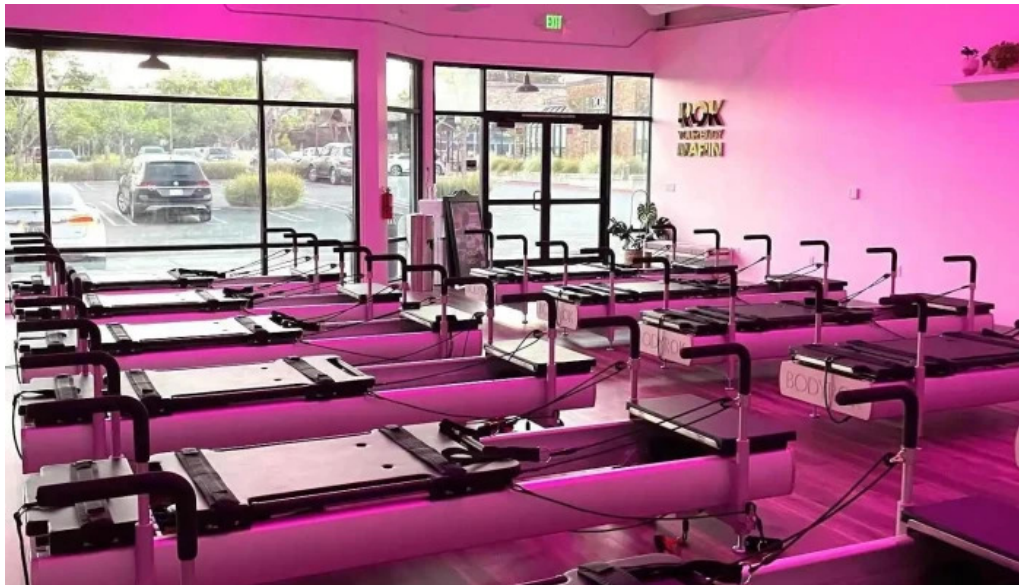
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Bodyrok alamo pilates gym



Bodyrok alamo pilates by owner



Bodyrok alamo pilates all

Tags

Wheelchair-accessible car park, Accessibility, Wheelchair-accessible entrance

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rock climbing gym
rv park
sauna
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