

Pure Barre - Ankeny

ankeny

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Pure Barre - Ankeny

Discover Pure Barre Ankeny: An Inclusive Physical Fitness Program

Pure Barre in Ankeny, Iowa, is not just a workout; it's a community that promotes empowerment and support. With its wheelchair-accessible entrance and spacious wheelchair-accessible car park, this studio ensures that everyone can enjoy the benefits of fitness, regardless of physical limitations.

Transform Your Body and Mind

Many attendees rave about their experiences at Pure Barre. One member shared, "I absolutely LOVE Pure Barre Ankeny! It is the best workout I can think

of for my aging body." This low-impact routine focuses on building strength, balance, and coordination, making it an ideal choice for individuals of all fitness levels.

Community and Support

Katie, the passionate owner of the Ankeny studio, has cultivated a welcoming environment. "Katie and all the studio members and instructors are uplifting and supportive," noted a loyal participant. The sense of accountability and camaraderie keeps members coming back for more, creating lasting friendships along the way.

Fresh and Challenging Programming

Pure Barre Ankeny offers innovative class programming that remains fresh even after numerous sessions. One member stated, "I am almost at the 1,400 class attendance mark, and the class programming is still fresh and continues to challenge me." This ensures that participants keep progressing without plateauing.

Experienced Instructors Focused on You

With a low instructor turnover rate and a commitment to personalized attention, Pure Barre's coaching staff is dedicated to perfecting your form and technique. As one veteran in the fitness industry remarked, "These classes will get you in shape without injury!" Members leave feeling confident and accomplished, with many experiencing physical changes within weeks.

A Welcoming Atmosphere for Everyone

Whether you're a beginner or an experienced fitness enthusiast, Pure Barre creates an energetic and welcoming atmosphere. The community celebrates every achievement, big or small. A mom of two expressed, "I found a place to focus on myself...I've never worked out this consistently."

Join the Pure Barre Family Today!

If you're looking for a challenging workout in a supportive setting, Pure Barre Ankeny is the place for you. With its commitment to accessibility, outstanding community, and quality instruction, you'll not only see physical results but also find a supportive network to help you thrive. Don't wait—take the plunge and discover the life-changing benefits of Pure Barre!

You can find us in

1450 SW Vintage Pkwy Suite 140, 50023 Ankeny, Iowa - United States (US)

The phone of said **Physical fitness program** is +1515-289-2630

And if you want to send a WhatsApp, you can do so at +1515-289-2630

We are available at these times:

Day Hours

Monday
7–10?AM

Tuesday
8?AM–1?PM

Wednesday
5?AM–7:30?PM

Thursday
5?AM–6:30?PM

Friday
5?AM–7:30?PM

Saturday
5?AM–6:30?PM

Sunday
5?AM–5:30?PM

The website is [Pure Barre](#)

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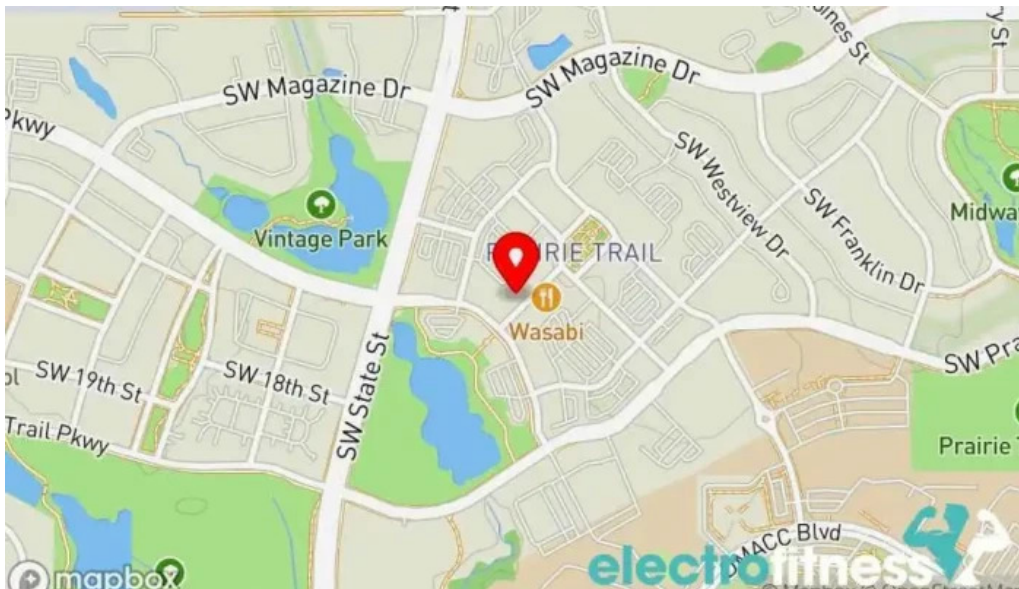
Images



Pure barre street view 360deg



Pure barre physical fitness program



Pure barre map



Pure barre by owner



Pure barre ankeny



Tags

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

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karate school

kennel
kickboxing school
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kinesiotherapist
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massage therapist
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medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization
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outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
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