

Balanced Body Studio - Mchenry

mchenry

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Discover the Balanced Body Studio in McHenry, Maryland

If you're searching for a comprehensive ****physical fitness program**** that emphasizes core strength and custom-tailored workouts, look no further than the ****Balanced Body Studio****. Located in picturesque McHenry, Maryland, this studio stands out for its commitment to accessibility and quality service.

Accessibility and Convenience

One of the notable features of the Balanced Body Studio is its

****wheelchair-accessible car park****, ensuring that everyone can benefit from their services. With ****appointment required**** for personalized sessions, clients receive undivided attention from expert instructors. The studio offers convenient ****on-site services****, making it easy to integrate fitness into your busy schedule.

Expert Instruction Tailored to You

At the helm of the Balanced Body Studio is Jennifer Christophel, a phenomenal Pilates instructor with over twenty years of experience. As noted by clients, “Jennifer takes the time to know her clients and what they need to improve their strength.” Her extensive knowledge allows her to identify weaknesses and design programs centered on individual needs. Whether you're recovering from an injury or looking to enhance your overall fitness, Jennifer's tailored approach ensures you receive the support necessary to thrive.

A Fun and Engaging Environment

Jennifer's classes are well-known for being both lively and engaging. Many clients appreciate her sense of humor and the enjoyable atmosphere she creates. As one client mentioned, “All this while also having fun!” This positive environment can significantly impact motivation and dedication to a fitness routine.

Service Options and Online Classes

The Balanced Body Studio offers a variety of ****service options**** designed to accommodate all fitness levels. For those unable to attend in person, ****online classes**** provide an alternative way to stay active. This flexibility allows individuals to participate from the comfort of their own homes while still benefiting from Jennifer's expert guidance.

Planning Your Fitness Journey

Embarking on a fitness journey requires careful ****planning**** to ensure you meet your personal goals. At Balanced Body Studio, Jennifer collaborates with clients to develop customized plans that focus on building muscle without bulk, enhancing overall toning, and providing essential core conditioning. As one satisfied client put it, “I am stronger, more toned, and generally in better health,” showcasing the effectiveness of the program.

Join the Balanced Body Community

Whether you are a fitness enthusiast or someone looking to regain strength, the Balanced Body Studio provides an inclusive and supportive environment. With an emphasis on personalization and accessibility, this studio is truly a gem in McHenry, Maryland. Don't wait any longer—schedule your appointment today and discover the transformative power of Pilates!

Our location is in

23789 Garrett Hwy, 21541 McHenry, Maryland - United States (US)

The phone number of said **Physical fitness program** is +1814-242-6418

And if you want to send a WhatsApp, you can do so at +1814-242-6418

Our business hours are:

Day	Hours
Monday	Closed
Tuesday	9?AM–5?PM
Wednesday	9?AM–5?PM
Thursday	9?AM–5?PM
Friday	9?AM–5?PM
Saturday	9?AM–5?PM
Sunday	Closed

The website is Balanced Body Studio

If you wish to alter any information that you think is not accurate concerning this site, we ask send us a message so that we will fix it as soon as possible. Thank you in advance we appreciate it.

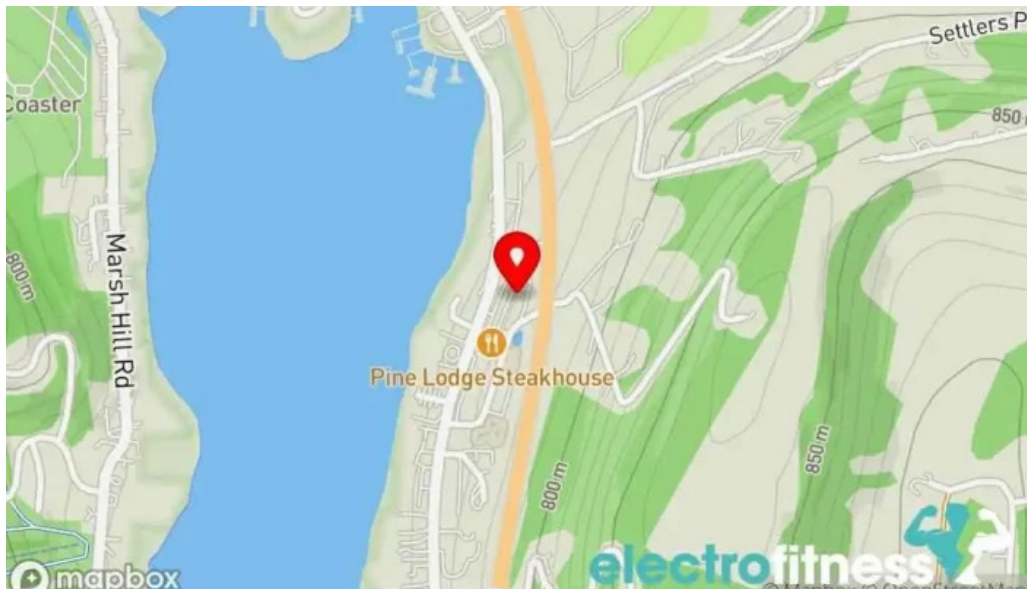
Images



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Balanced body studio mchenry



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Tags

Wheelchair-accessible car park, Service options, Online classes, Accessibility, On-site services, Planning, Appointment required

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Comments

Danielle Rodriguez

09-05-25 11:13

Jen is the most amazing Pilates coach I've ever had! She's incredibly knowledgeable and truly dedicates time to understanding your body. Thanks to her, I've regained my strength and I couldn't be happier that I crossed paths with her!

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