

Club Pilates - Ankeny

ankeny

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ankeny

Club Pilates - Ankeny

Discover Club Pilates in Ankeny, Iowa

Club Pilates in Ankeny, Iowa, offers a welcoming atmosphere where fitness meets community. With an array of classes designed for all skill levels, this studio has quickly become a favorite among locals.

A Welcoming Environment

When you step through the **wheelchair-accessible entrance**, you are greeted by friendly staff that makes every effort to ensure a positive experience. Many visitors have expressed how they felt at ease during their initial sessions, thanks

to the supportive and knowledgeable instructors like Jaq and Aubrey.

Class Variety and Instructor Expertise

The variety of classes available caters to both beginners and seasoned Pilates enthusiasts. Each session is structured to offer a blend of challenge and fun, while instructors ensure you are comfortable by providing modifications as needed. Comments from members highlight the instructors' attentiveness—Jaq is often praised for her detailed explanations, while Holly is recognized for her motivational approach.

Planning Your Visit

If you're considering joining, it's best to keep in mind that **appointments are recommended**. This helps secure your spot, especially during peak hours when classes can fill up quickly. The conveniently scheduled classes make it easy to fit Pilates into your busy routine.

Amenities and Accessibility

Club Pilates ensures a comfortable experience with a range of amenities: - ****Wheelchair-accessible car park**** for easy access. - ****Wheelchair-accessible toilet**** facilities to meet the needs of all members. This focus on **accessibility** allows everyone to partake in the benefits of Pilates, regardless of their physical abilities.

Community Spirit

Many members describe their experience at Club Pilates as more than just a workout; it's about building friendships. The community aspect is evident in the connections formed among members, with many participants attending classes together regularly.

The Challenge and Reward of Pilates

Members frequently mention how Pilates has impacted their overall well-being. From improved core strength to better posture, the benefits are apparent after just a few sessions. The feedback shows that even those with previous gym trauma feel welcomed and supported, making it an ideal environment for personal growth.

Final Thoughts

In conclusion, Club Pilates in Ankeny is more than just a fitness studio; it's a nurturing space where individuals can empower themselves through movement. With its accommodating staff, comprehensive planning, and focus on community, this Pilates studio stands out as a top choice for anyone looking to enhance their fitness journey. Whether you're starting fresh or seeking to refine your skills, don't hesitate to book your first class today!

We are at

1615 SW Main St Suite #107, 50023 Ankeny, Iowa - United States (US)

The phone number of said **Pilates studio** is +1515-985-2308

And if you want to send a WhatsApp, you can do so at +1515-985-2308

Our service hours are:

Day Hours
Monday
7?AM–12?PM
Tuesday
8?AM–6?PM
Wednesday
5?AM–7?PM
Thursday
5?AM–8?PM
Friday
5?AM–7?PM
Saturday
5?AM–8?PM
Sunday
5?AM–6?PM

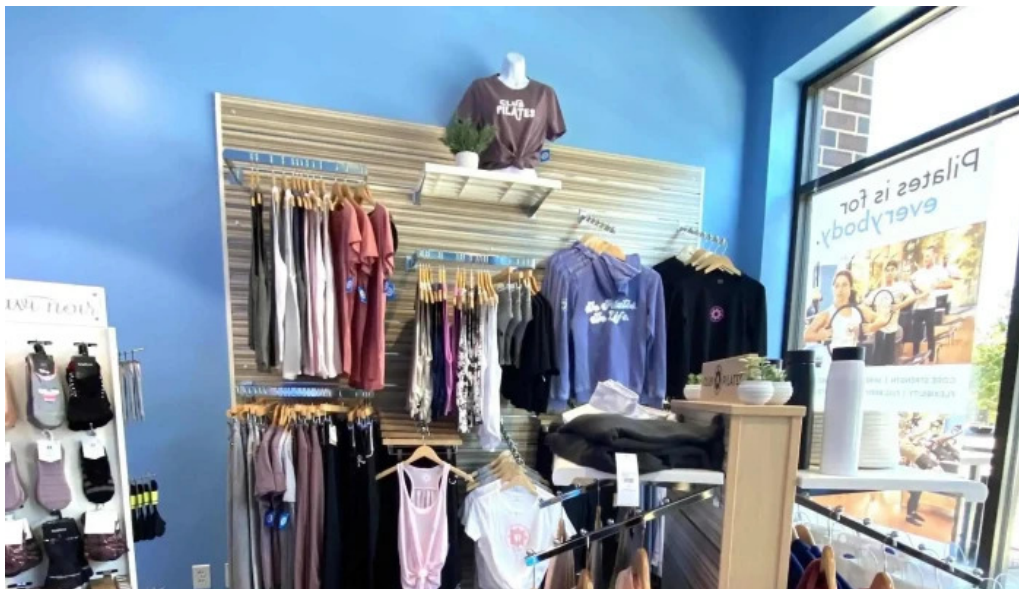
The website is Club Pilates

If necessary to adjust any element that you believe is incorrect regarding this page, we urge you to forward a message so we can we will correct it as soon as possible. Thanks beforehand thanks for your cooperation.

Images



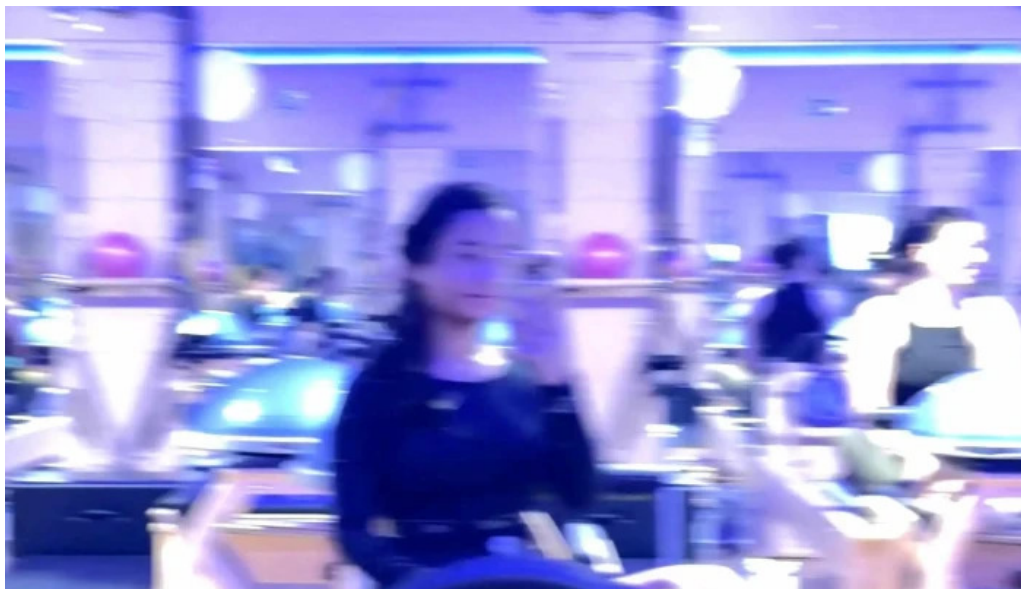
Club pilates street view 360deg



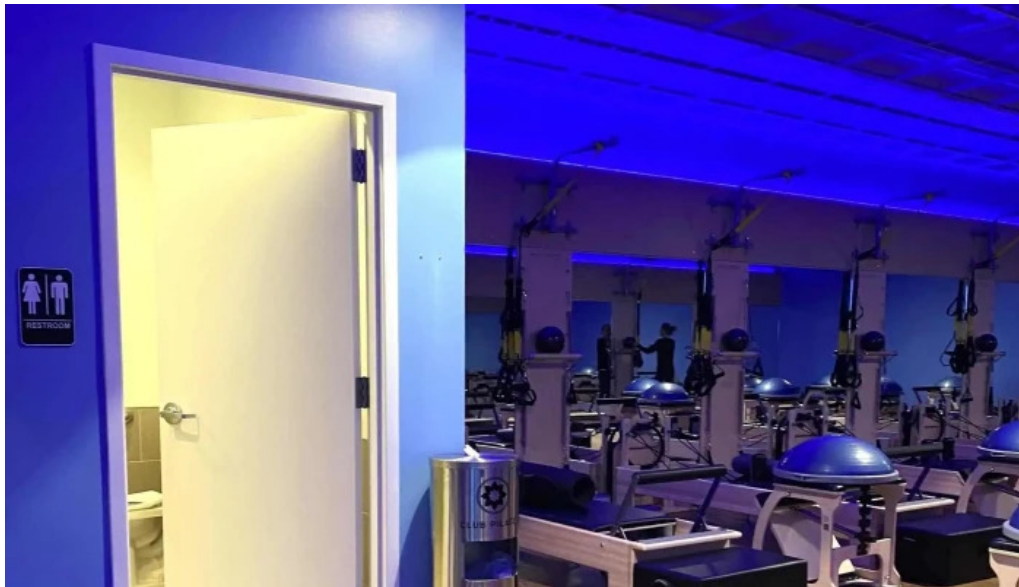
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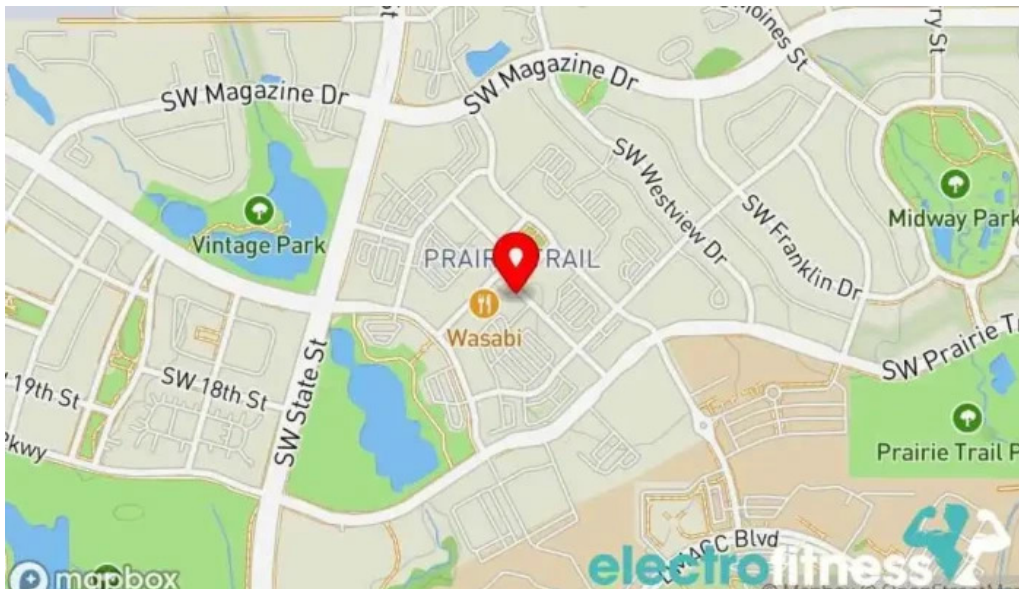
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Tags

Planning, Wheelchair-accessible entrance, Wheelchair-accessible toilet, Wheelchair-accessible car park, Accessibility, Appointments recommended, Toilet, Amenities

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truck stop
university
vitamin & supplements store
water park
weight loss service
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wellness center
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women's organization
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