

Wellness in Motion Llc - Pilates in Boise, Idaho - Boise

boise

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boise

Wellness in Motion Llc - Pilates in Boise, Idaho - Boise

Welcome to Wellness in Motion LLC - Your Premier Pilates Studio in Boise, Idaho

At **Wellness in Motion LLC**, we are committed to creating a **transgender safe space** and an **LGBTQ+ friendly** environment for all individuals seeking holistic health through Pilates. Our studio is located in the heart of Boise, Idaho, and offers a diverse range of services tailored to meet the unique needs of our clients.

Accessibility and Comfort

Accessibility is one of our top priorities. Our facility features **wheelchair-accessible seating** and a **wheelchair-accessible car park**, ensuring that everyone can enjoy our services without barriers. Additionally, our restroom facilities include a convenient **toilet** that caters to all guests. We strive to create a welcoming atmosphere where every individual feels comfortable and supported during their journey toward wellness.

Personalized Care with On-Site Services

At **Wellness in Motion LLC**, we understand that personalized attention is key to achieving your fitness goals. Our founder, Jen Gorman, has extensive experience working with individuals facing challenges such as scoliosis and spinal fusions. Appointments are recommended, and in some cases, an **appointment is required** to ensure that you receive tailored instruction based on your specific needs.

Innovative Classes and Service Options

We offer a variety of service options that include both in-person and online classes. For those who prefer the convenience of practicing from home, our **online classes** provide the same level of commitment to individualized instruction. Clients appreciate the flexibility of accessing our video library, allowing them to engage in Pilates practice at their own pace, any time of day.

Empowering Community and Education

Our classes foster a supportive community where clients can share their experiences and progress. Many have found empowerment through Jen's coaching, resulting in significant improvements in mobility, strength, and overall well-being. Jen's approach emphasizes understanding anatomy and movement, equipping students with the knowledge to move safely and effectively in their daily lives.

Testimonials Highlighting Our Impact

Clients constantly share how their lives have changed since joining our community. They speak highly of Jen's ability to address individual concerns, particularly regarding back health, using her personal experience with spinal issues as a compassionate foundation for her teaching.

"Since I started attending classes at Wellness in Motion, I've felt so much better

physically and emotionally. Jen truly cares and tailors sessions to my needs!" This sentiment is echoed by many, highlighting Jen's dedication to providing precise tips and modifications while maintaining a fun and engaging atmosphere.

Your Journey Begins Here

If you're looking for a holistic approach to fitness that prioritizes safety, accessibility, and community, look no further than **Wellness in Motion LLC**. Whether you're interested in improving your strength, managing back pain, or simply exploring Pilates in a supportive environment, we invite you to schedule your appointment today! Join us at Wellness in Motion, where we are dedicated to helping you discover your potential through Pilates, one movement at a time.

The business is situated at

7233 Potomac Dr, 83704 Boise, Idaho - United States (US)

The phone of the respective **Pilates studio** is +1208-994-4064

And if you want to send a WhatsApp, you can do so at +1208-994-4064

Visit us during the following hours:

Day	Hours
Monday	Closed
Tuesday	12:30–5:30?PM
Wednesday	8?AM–6:30?PM
Thursday	8?AM–6:30?PM
Friday	8?AM–6:30?PM
Saturday	8?AM–1?PM
Sunday	Closed

The website is Wellness in Motion LLC - Pilates in Boise, Idaho

If you wish to update any element that you believe is not precise regarding

this portal, we ask send us a message so we can we will fix it as soon as possible. Thank you in advance we appreciate it.

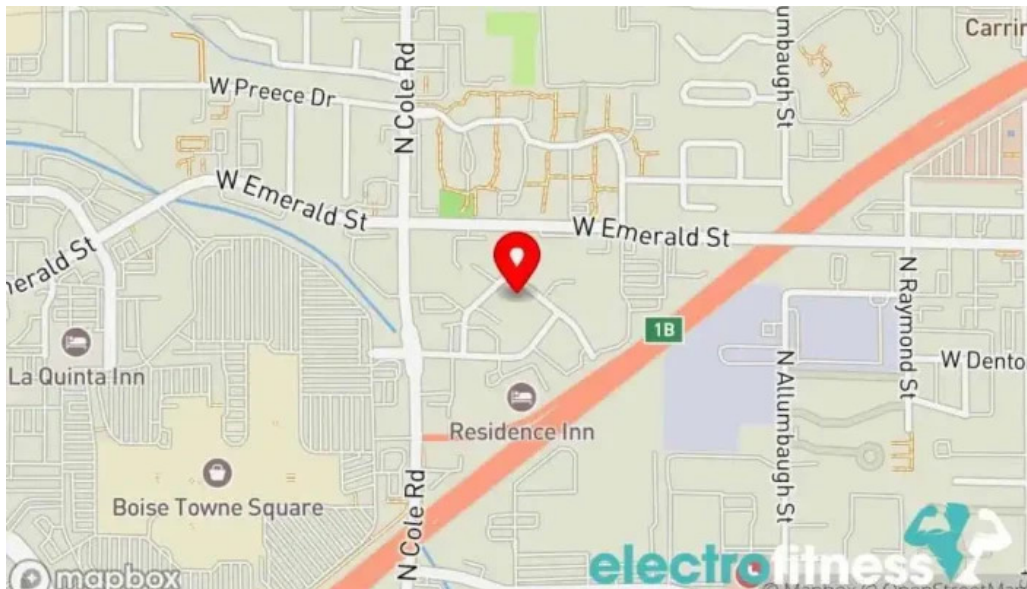
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Tags

Planning, From the business, Appointments recommended, Toilet, Identifies as women-owned, Accessibility, LGBTQ+ friendly, Transgender safe space, Service options, Wheelchair-accessible car park, Amenities, Appointment required, Wheelchair-accessible seating, Online classes, On-site services, Crowd, Assistive hearing loop

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