

Maine Pilates - Brunswick

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Maine Pilates - Brunswick

Welcome to Maine Pilates: Your Perfect Pilates Studio in Brunswick

If you're searching for a welcoming and inclusive space to practice Pilates, look no further than Maine Pilates in Brunswick, Maine. This studio offers a unique blend of expert instruction, community focus, and accessibility features that make it stand out from the rest.

Parking and Accessibility

One of the many conveniences of Maine Pilates is its ****free of charge street parking****. Visitors have reported that finding parking along Pleasant Street has

never been an issue, regardless of the time of day. The studio boasts a ****wheelchair-accessible entrance**** and a ****wheelchair-accessible car park****, ensuring that everyone can join in on the fitness journey. Additionally, the studio features ****gender-neutral toilets**** and ****wheelchair-accessible seating****, making it a ****transgender safe space**** and a comfortable environment for all.

A Welcoming Community Experience

At Maine Pilates, everyone is invited to experience the benefits of Pilates, irrespective of their fitness level or body type. The studio prides itself on being ****LGBTQ+ friendly**** and has created a supportive atmosphere that encourages personal growth. As one client noted, "I'm so happy to be part of a welcoming community that truly cares about helping clients grow and succeed."

Expert Instructors Focused on Your Goals

With knowledgeable and experienced instructors like Dori and Amena at the helm, clients report significant improvements in strength and body balance. Their teaching philosophy emphasizes control, precision, and consistency rather than just quick fixes. As one member shared, "The instructors are incredibly knowledgeable, supportive, and focused on long-term results." Whether you're a beginner or an experienced practitioner, Maine Pilates offers classes tailored to meet your individual needs.

Diverse Class Options

Maine Pilates features a fantastic mix of classes suited for different levels and schedules. Clients appreciate the ****flexible schedules throughout the day****, allowing them to easily incorporate Pilates into their routines. The studio offers both group classes and private sessions, ensuring that everyone receives the attention they need.

Studio Amenities

The inviting atmosphere of Maine Pilates is complemented by its aesthetic appeal. With natural light pouring in through high windows and beautiful indoor plants adorning the space, clients often describe the studio as "adorable" with a "clean Pinterest aesthetic." After just a few classes, many have noticed improvements in movement ease and comfort. As one member stated, "After only 3 classes, I'm able to bend easier and movement in my hips is not as painful as it has been for years."

Join the Maine Pilates Family

If you're ready to take the leap into Pilates or simply want to augment your existing fitness routine, Maine Pilates is the perfect place. With a strong sense of community and a dedication to quality instruction, this studio offers a thoughtful and personalized approach to fitness. Remember, ****appointments are recommended**** due to the popularity of the classes. Experience the

transformation for yourself—visit Maine Pilates today!

We are established at

Ballroom, 11 Pleasant St, 04011 Brunswick, Maine - United States (US)

The contact line of the respective **Pilates studio** is +1207-383-1869

And if you want to send a WhatsApp, you can do so at +1207-383-1869

Our business hours are:

Day Hours
Monday
9?AM–8?PM
Tuesday
8?AM–5?PM
Wednesday
Open 24 hours
Thursday
Closed
Friday
7?AM–7:30?PM
Saturday
Closed
Sunday
7?AM–7:30?PM

The website is Maine Pilates

In case you want to change any information that you feel is incorrect related to this site, we urge you to forward a message so that we will fix it as soon as possible. With anticipation thanks.

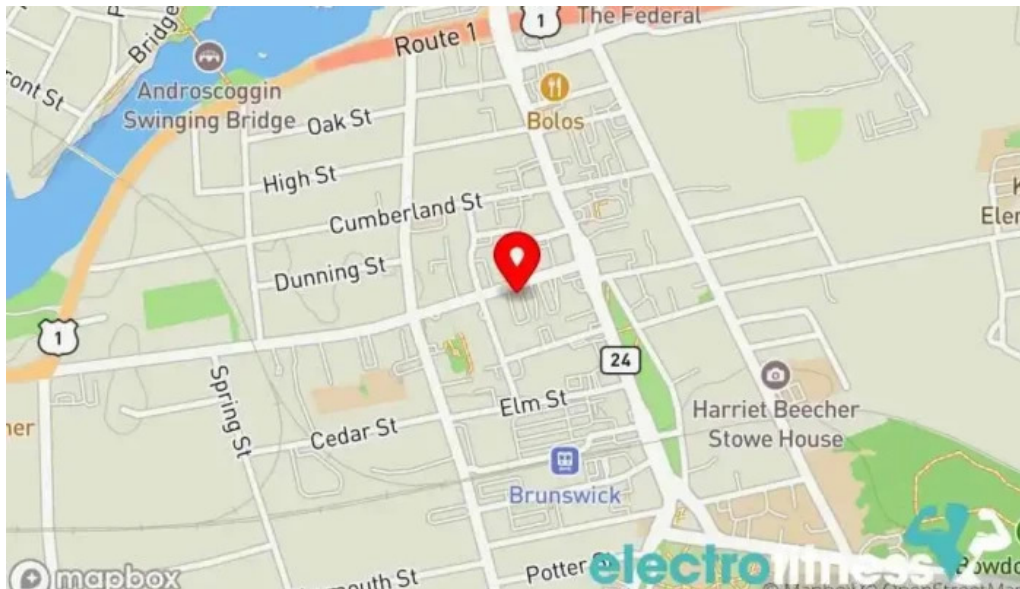
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Tags

Accessibility, Wheelchair-accessible seating, LGBTQ+ friendly, Crowd, Swimming pool, Free of charge street parking, Amenities, Appointments recommended, Wheelchair-accessible car park, Transgender safe space, Wheelchair-accessible entrance, Toilet, Planning, Parking, Gender-neutral toilets

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hair salon
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summer camp organizer
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taekwondo school
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vitamin & supplements store
water park
weight loss service
weightlifting area
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women's organization
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