

The Pilates Studio - Feeding Hills

feeding hills

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The Pilates Studio - Feeding Hills

Discover The Pilates Studio in Feeding Hills, Massachusetts

The Pilates Studio is a hidden gem located in Feeding Hills, Massachusetts, providing an inspiring environment for fitness enthusiasts. With its focus on accessibility and a variety of classes, this studio is designed to meet the needs of all individuals.

Accessibility and Amenities

One of the standout features of The Pilates Studio is its ****wheelchair-accessible car park****. This consideration ensures that everyone

can enjoy their experience without barriers. Inside, the studio boasts a ****beautifully decorated space**** that offers a welcoming atmosphere with soothing wall colors and modern amenities. The ****toilet facilities**** are well maintained, adding convenience for clients before and after workouts.

Planning Your Visit

When planning your visit to The Pilates Studio, it's highly recommended to book ****appointments in advance****. Due to the popularity of classes such as the MELT Method, securing a spot ensures you won't miss out on the therapeutic benefits offered by skilled instructors like Shelly and Kerrie.

The Benefits of MELT Classes

Participants have shared their transformative experiences attending MELT classes at The Pilates Studio. Many found relief from chronic pain and improved range of motion through specialized techniques involving foam rollers and balls. As one reviewer stated, they went from experiencing pain and limited movement to feeling "light and free." This speaks volumes about the effectiveness of the methods taught by talented instructors.

Meet the Instructors

The heart of The Pilates Studio lies in its instructors. Shelly, a dedicated and caring professional, has garnered praise for her individualized attention during both group and private sessions. Reviews highlight her ability to make each participant feel comfortable and engaged. Kerrie, another highly skilled instructor, combines expertise with a fun approach, making classes enjoyable and effective.

Final Thoughts

Whether you're new to Pilates or looking to refine your skills, The Pilates Studio in Feeding Hills is the perfect place to start. With wheelchair access, convenient amenities, and expert guidance, it's more than just a workout space—it's a community committed to wellness and personal growth. Don't hesitate to join one of their classes and experience the difference for yourself!

Our premises are located at

353 Walnut St Ext, 01030 Feeding Hills, Massachusetts - United States (US)

The phone of the respective **Pilates studio** is +1413-222-4035

And if you want to send a WhatsApp, you can do so at +1413-222-4035

Our service hours are:

Day Hours
Monday
9?AM–5?PM
Tuesday
9?AM–7:30?PM
Wednesday
5?AM–7:30?PM
Thursday
9?AM–7:30?PM
Friday
9?AM–7:30?PM
Saturday
9?AM–7?PM
Sunday
9?AM–7:30?PM

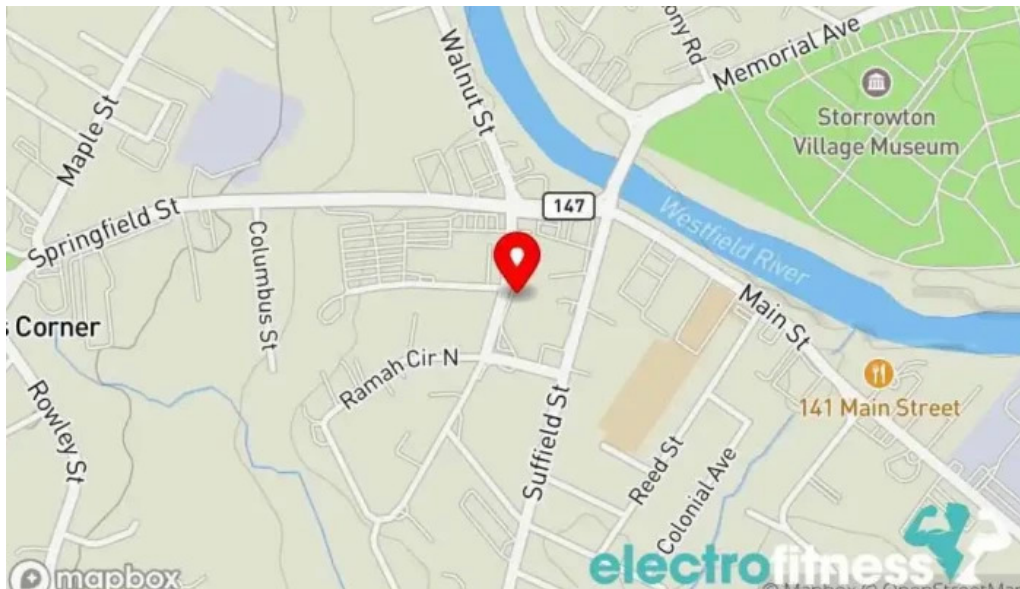
The website is [The Pilates Studio](#)

In case you want to update any element that you believe is incorrect concerning this site, we urge you to forward a message so we can we will adjust it quickly. Thanks beforehand thank you very much.

Images



The pilates studio street view 360deg



The pilates studio map



The pilates studio feeding hills



The pilates studio by owner



The pilates studio all

Tags

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

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