

Ellio Pilates, Tai Chi & More - Fort Myers

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Ellio Pilates, Tai Chi & More - Fort Myers

Discover Ellio Pilates, Tai Chi & More in Fort Myers, Florida

Welcome to **Ellio Pilates, Tai Chi & More**, a women-owned studio located in the heart of Fort Myers, Florida. This inviting wellness center focuses on providing exceptional on-site services tailored to meet your fitness and health needs.

Comprehensive Offerings for Every Fitness Level

At Ellio, you can explore a variety of classes, including **Tai Chi**, Pilates, Buff Bones, and more. Vicki, the lead instructor, is known for her extensive knowledge and individualized approach to training. Many clients have attested to her ability to adapt exercises based on their unique abilities and health concerns.

Accessibility for All

Ellio Pilates prioritizes accessibility with features such as:

Wheelchair-accessible entrance **Wheelchair-accessible car park**

Wheelchair-accessible toilet

This makes it easy for everyone to join the classes, regardless of any mobility challenges.

A Welcoming Atmosphere

The studio is designed to be a tranquil environment, offering a neat and clean space that feels both comfortable and supportive. Clients appreciate the intimate class sizes, allowing for personalized instruction and a sense of community among participants. Many have expressed their gratitude for the atmosphere that promotes relaxation and accomplishment after each session.

Online Classes and Flexible Scheduling

For those unable to attend in person, **online classes** are available, ensuring you can participate in your fitness journey from the comfort of your home. It's recommended to schedule your **appointments** in advance, as classes can fill up quickly due to their popularity.

A Range of Amenities for Your Comfort

Ellio Pilates offers a selection of amenities geared toward enhancing your experience:

Individualized training options for personalized care
Structured classes intended for various fitness levels
Supportive instructors who genuinely care about your progress
Small group settings for focused attention

What Clients Are Saying

Clients have shared numerous testimonials highlighting their positive experiences at Ellio Pilates:

"Vicki is knowledgeable, caring, and holds your best interests in her heart." "I felt better after the class and will now incorporate this into my daily routine."

"The staff is very professional and proficient in all they do." "I love the supportive atmosphere and incredible instruction."

Plan Your Visit Today!

Whether you're a beginner looking to start your fitness journey or someone seeking to enhance your current routine, Ellio Pilates, Tai Chi & More is committed to providing the highest quality of training and teaching. We invite you to experience the transformative benefits of our classes in a nurturing environment.

Don't wait; **schedule your appointment** today and discover how Ellio Pilates can help you achieve your health and wellness goals!

We are at

12577 New Brittany Blvd, 33907 Fort Myers, Florida - United States (US)

The contact line of the mentioned **Pilates studio** is +1239-770-8670

And if you want to send a WhatsApp, you can do so at +1239-770-8670

The website is Ellio Pilates, Tai Chi & More

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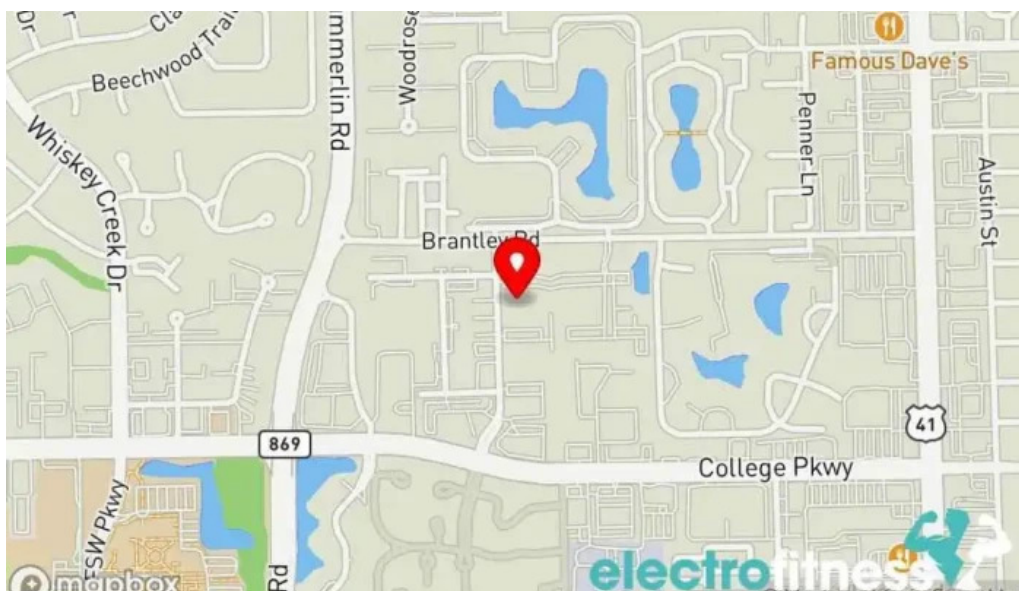
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Amenities, Online classes, Appointment required, Appointments recommended, Identifies as women-owned, Wheelchair-accessible entrance, From the business, Planning, On-site services, Wheelchair-accessible car park, Wheelchair-accessible toilet, Accessibility, Toilet, Service options

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