

## Tone Fitness Studio - Meridian

meridian

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## *Tone Fitness Studio - Meridian*

### Welcome to Tone Fitness Studio in Meridian, Idaho

If you're searching for a Pilates studio that offers not just workouts but a vibrant community, look no further than **Tone Fitness Studio** in Meridian, Idaho. This studio specializes in the Lagree method, providing an effective low-impact, high-intensity workout in just 45 minutes.

### On-Site Services

Tone Fitness Studio prides itself on offering top-notch **on-site services**. With knowledgeable instructors who are always ready to assist, you'll feel supported throughout your fitness journey. The team emphasizes personalized attention, ensuring that each participant receives modifications and tips tailored to their individual needs.

## Amenities

The studio is equipped with state-of-the-art Megaformer machines, designed to work every muscle group efficiently. Besides the workout equipment, the studio features a **wheelchair-accessible entrance** and a **wheelchair-accessible toilet**, making it welcoming for everyone. Additionally, there's a **wheelchair-accessible car park** available for easy access.

## Accessibility and Service Options

Tone Fitness Studio is committed to inclusivity, offering various **service options** that cater to all fitness levels. Whether you are a beginner or an advanced fitness enthusiast, classes are designed to challenge and empower you. While appointments are **recommended**, walk-ins are also welcome, though it's wise to plan ahead to secure your spot in popular classes.

## Why Choose Tone Fitness?

Feedback from attendees highlights the studio's unique atmosphere. Many describe it as an uplifting and positive environment where everyone supports one another. Instructors make a point to remember names and celebrate each individual's progress, fostering a welcoming community.

"Tone Fitness is unlike any other class I have ever taken," shares a long-time member. "The instructors are motivating, and I always leave feeling accomplished and challenged." This sentiment is echoed across numerous reviews indicating a strong sense of community among members.

## Your First Visit

Newcomers can expect a warm welcome and plenty of encouragement during their first classes. Each session is tailored to meet the needs of the participants, and first-timers will find instructors ready to help everyone feel at ease. As one attendee mentioned, "You'll feel the burn, but in the best way possible!"

## Join Us at Tone Fitness Studio

If you're ready to embark on a transformative fitness journey, visit us at **Tone Fitness Studio** in Meridian, Idaho. Experience the energizing community,

expert instruction, and innovative workouts that have made this studio a favorite among locals.

**Don't wait! Book your first class today and discover the powerful benefits of the Lagree method!**

**We are established at**

2053 E Fairview Ave #105, 83642 Meridian, Idaho - United States (US)

The phone of the respective **Pilates studio** is +1208-274-5650

And if you want to send a WhatsApp, you can do so at +1208-274-5650

**You can visit us at the following hours:**

Day Hours  
Monday

6:15–10:30?AM 4:15–7:30?PM

Tuesday

6:15–10:30?AM 4:15–6:30?PM

Wednesday

6:15–10:30?AM 4:15–7:30?PM

Thursday

6:15–10:30?AM 4:15–6:30?PM

Friday

5:15?AM–1?PM

Saturday

7:45?AM–12?PM

Sunday

8:45?AM–12?PM

The website is Tone Fitness Studio

If you require to change any data that you believe is incorrect concerning this site, we urge you to send a message so we can we will adjust it promptly. Thanks beforehand thanks for your cooperation.

**Images**



*Tone fitness studio where*



*Tone fitness studio website*



*Tone fitness studio street view 360deg*

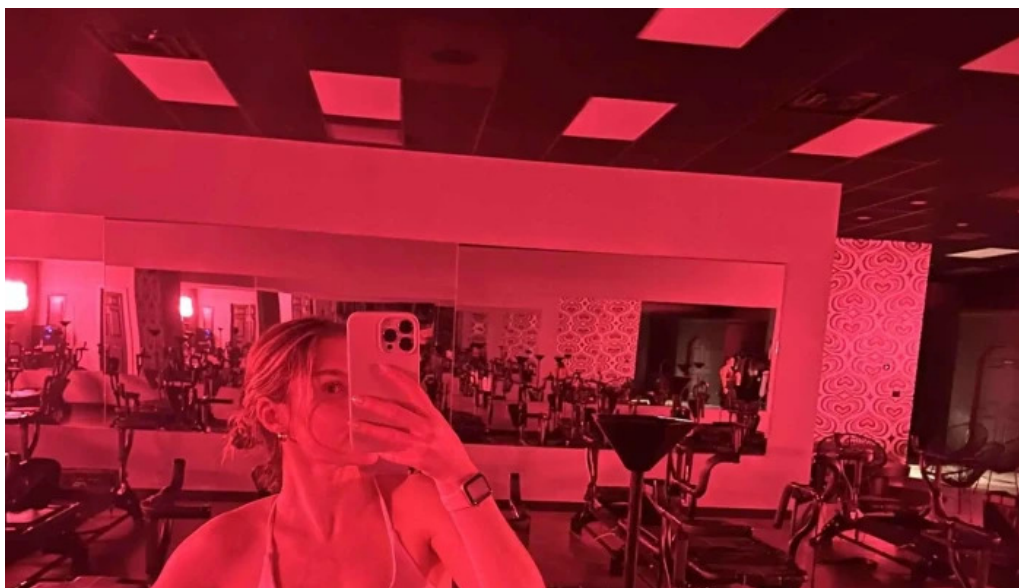


*Tone fitness studio schedule*

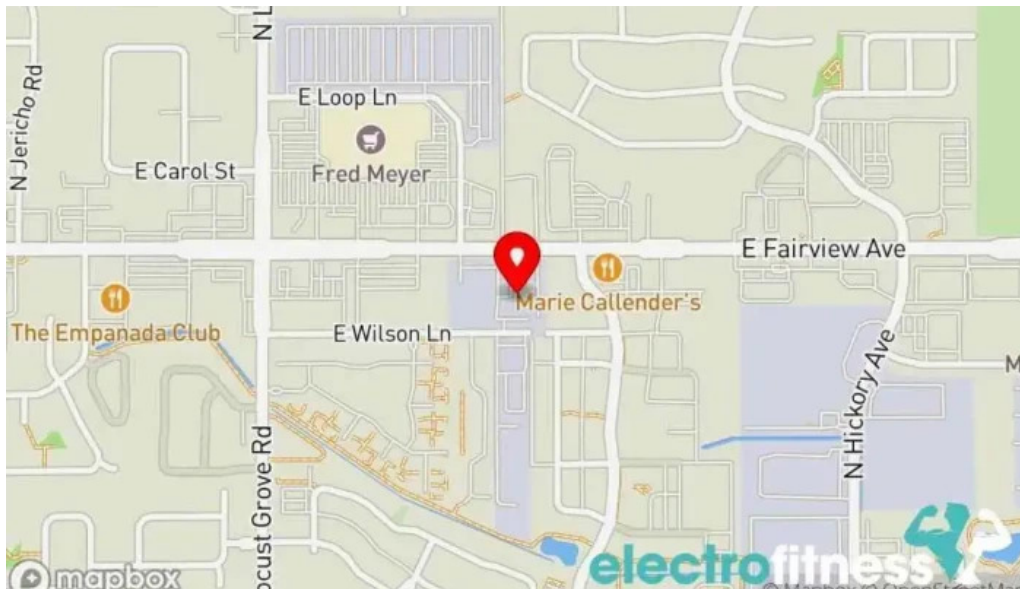




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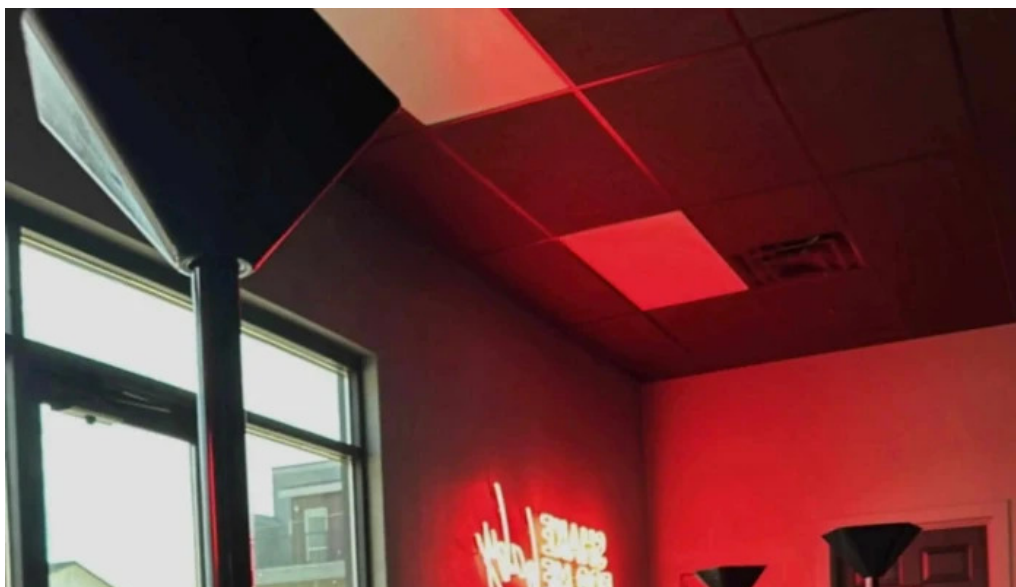




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*Tone fitness studio address*

## Tags

*Wheelchair-accessible entrance, Wheelchair-accessible car park, Toilet, Planning, Appointment required, Amenities, Accessibility, Wheelchair-accessible toilet, Service options, Appointments recommended, On-site services*

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dance school
dollar store
elementary school
exercise equipment store
firearms academy
fitness
fitness center
golf club
golf course
golf instructor
grocery store
gym
gymnastics center
hair salon
health consultant
health food restaurant
health spa
hiking area
hospital
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school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
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swimming school
tennis club
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