

Essential Physical Therapy & Pilates - Montpelier

montpelier

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Essential Physical Therapy & Pilates - Montpelier

Discover Essential Physical Therapy & Pilates in Montpelier, Vermont

Essential Physical Therapy & Pilates is a premier location for those seeking a comprehensive wellness experience in Montpelier. This studio not only offers top-notch Pilates sessions but also integrates physical therapy to create a unique and effective approach to health.

Accessibility Features

Essential Physical Therapy & Pilates prioritizes accessibility for all its clients.

With a **wheelchair-accessible entrance** and a **wheelchair-accessible car park**, the studio ensures convenience from the moment you arrive. Additionally, guests will find **gender-neutral toilets** and **wheelchair-accessible toilets**, making it a welcoming space for everyone.

Planning Your Visit

When planning your visit, it's important to note that **appointments are recommended**. Although walk-ins may be welcomed during less busy hours, reserving a spot guarantees you access to the services you need. The studio operates with a strong focus on personalized attention, making sure each client receives tailored guidance.

On-Site Services and Amenities

Essential Physical Therapy & Pilates boasts a variety of **on-site services** that go beyond Pilates. Clients can benefit from physical therapy assessments and sessions, which have been praised by visitors for their thoroughness and effectiveness. The staff, including renowned professionals like Ayden Crandall, are dedicated to helping clients overcome challenges and achieve their health goals. The studio features five reformer machines, and as one satisfied client noted, "Reserve 'em while you can." The emphasis on Reformer Pilates allows for precise targeting of muscles, enhancing the overall workout experience.

Community and Inclusivity

As a **women-owned** business, Essential Physical Therapy & Pilates fosters an inclusive environment. It is **LGBTQ+ friendly** and offers a **transgender safe space**, ensuring that all individuals feel welcome and respected. The studio creates a positive atmosphere that encourages community engagement and support among clients.

Convenient Service Options

In addition to in-person classes, Essential Physical Therapy & Pilates provides **online classes**. This flexibility allows clients to maintain their health routines from anywhere, catering to diverse schedules and needs. Free **Wi-Fi** is also available for those who wish to connect while at the studio.

A Place to Transform

Clients have expressed their admiration for the transformative experience at Essential Physical Therapy & Pilates. From the insightful cues provided by instructors like Willow and Kaaren to the supportive environment, many have found themselves feeling rejuvenated and empowered. As one visitor shared, "You feel something you haven't felt before. You feel Joe Pilates smiling down on you." In conclusion, Essential Physical Therapy & Pilates in Montpelier, Vermont, stands out as a holistic destination for wellness. With its dedication to accessibility, personalized care, and an inclusive community, it's a place where

everyone can thrive and transform their physical health.

Our location is in

81 River St # 201, 05602 Montpelier, Vermont - United States (US)

The contact phone of the respective **Pilates studio** is +1802-262-1500

And if you want to send a WhatsApp, you can do so at +1802-262-1500

Our public attention hours are:

Day	Hours
Monday	Closed
Tuesday	Closed
Wednesday	7?AM–3?PM
Thursday	7?AM–3?PM
Friday	7?AM–3?PM
Saturday	7?AM–3?PM
Sunday	7?AM–3?PM

The website is Essential Physical Therapy & Pilates

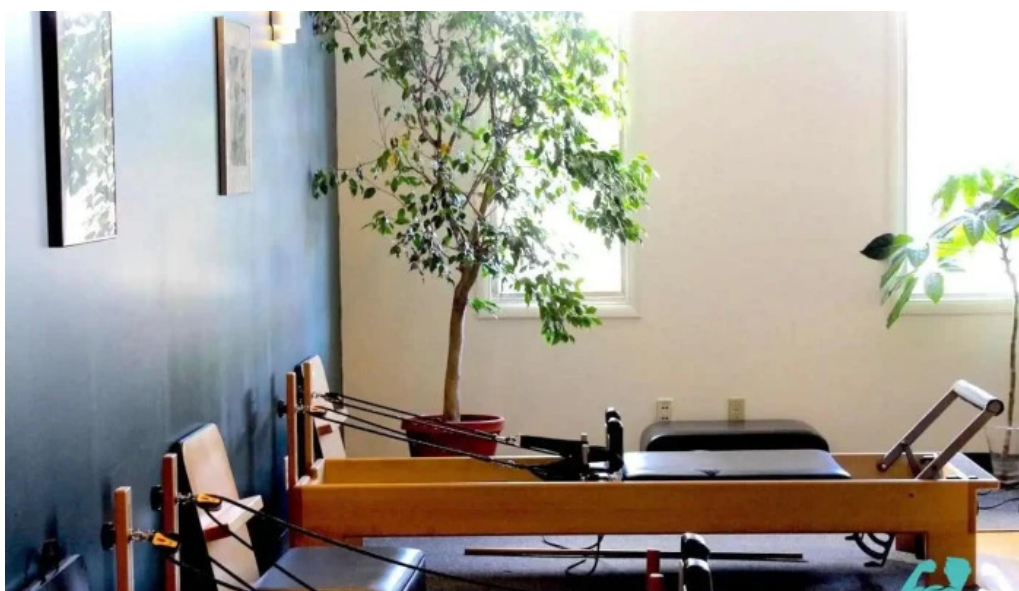
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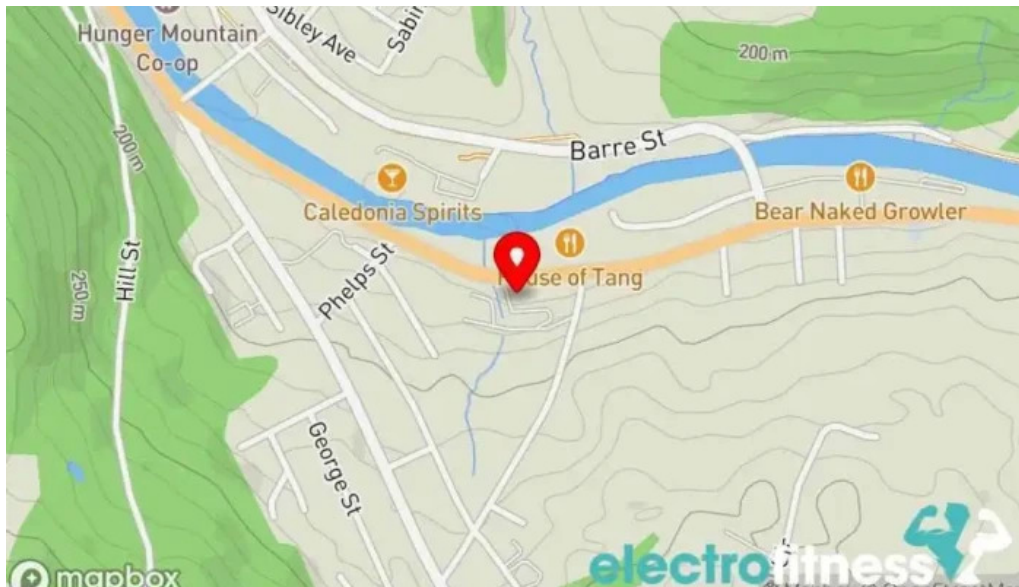
Images



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Essential physical therapy pilates map



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Tags

Online classes, Amenities, Transgender safe space, Crowd, Wheelchair-accessible entrance, Appointments recommended, Wheelchair-accessible car park, Toilet, On-site services, LGBTQ+ friendly, Accessibility, From the business, Gender-neutral toilets, Service options, Appointment required, Wheelchair-accessible toilet, Wi-Fi, Planning, Identifies as women-owned

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