

## Flexxology Health & Fitness Studio - Nacogdoches

nacogdoches

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## *Flexxology Health & Fitness Studio - Nacogdoches*

### **Discover Flexxology Health & Fitness Studio in Nacogdoches, Texas**

Flexxology Health & Fitness Studio stands out as the premier Pilates studio in Nacogdoches, Texas. Its serene atmosphere, combined with expert instructors, creates a unique and welcoming environment for everyone, regardless of their fitness level.

### **Accessibility Features**

One of the key highlights of Flexxology is its commitment to **\*\*accessibility\*\***.

The studio boasts a **\*\*wheelchair-accessible entrance\*\***, ensuring that every individual can easily access the facilities. Additionally, the studio provides a **\*\*wheelchair-accessible car park\*\*** for convenient parking options. Moreover, Flexxology understands the importance of comfort and convenience, featuring a **\*\*wheelchair-accessible toilet\*\***. These amenities make it a supportive space for all clients, including those with limited mobility.

## **Planning Your Visit**

To ensure a personalized experience, appointments are recommended at Flexxology. This allows clients to receive tailored guidance, whether they are engaging in Pilates classes or exploring therapeutic services.

## **Exceptional Amenities and Services**

Flexxology offers an array of amenities that enhance the overall experience. Many visitors have praised the studio for its **\*\*lovely environment\*\*** and the **\*\*fun and knowledgeable instructors\*\***. Clients have reported significant improvements in strength and body awareness after participating in classes at this studio. The facility also features therapeutic services, with patrons raving about Harmony, a skilled massage therapist. Her sessions not only provide relaxation but also alleviate chronic pain, making it a holistic fitness destination.

## **Community Feedback**

Feedback from clients consistently highlights the positive impact Flexxology has on their well-being. One patron mentioned feeling “stronger, more grounded, and more connected” to their body since starting gentle Pilates classes. Others noted how the fascial stretch therapy left them feeling rejuvenated and wonderful. In conclusion, Flexxology Health & Fitness Studio is an ideal choice for anyone looking to enhance their wellness in a supportive and accessible environment. With thoughtful planning and exceptional services, Flexxology remains a top recommendation in Nacogdoches.

## **You can visit us at the address:**

1023 N University Dr Apt 6, 75961 Nacogdoches, Texas - United States (US)

The contact phone of the respective **Pilates studio** is +1936-645-6785  
And if you want to send a WhatsApp, you can do so at +1936-645-6785

## **We are open during the following hours:**

Day Hours

Monday  
6?AM–7:30?PM  
Tuesday  
6?AM–4?PM  
Wednesday  
9:30–11:30?AM  
Thursday  
Closed  
Friday  
6?AM–7:30?PM  
Saturday  
6?AM–7:30?PM  
Sunday  
6?AM–4?PM

The website is [Flexxology Health & Fitness Studio](#)

If you require to alter any information that you think is not correct about this web, we urge you to send us a message so we can we will handle it as soon as possible. With anticipation thanks for your cooperation.

## Images



*Flexxology health fitness studio street view 360deg*

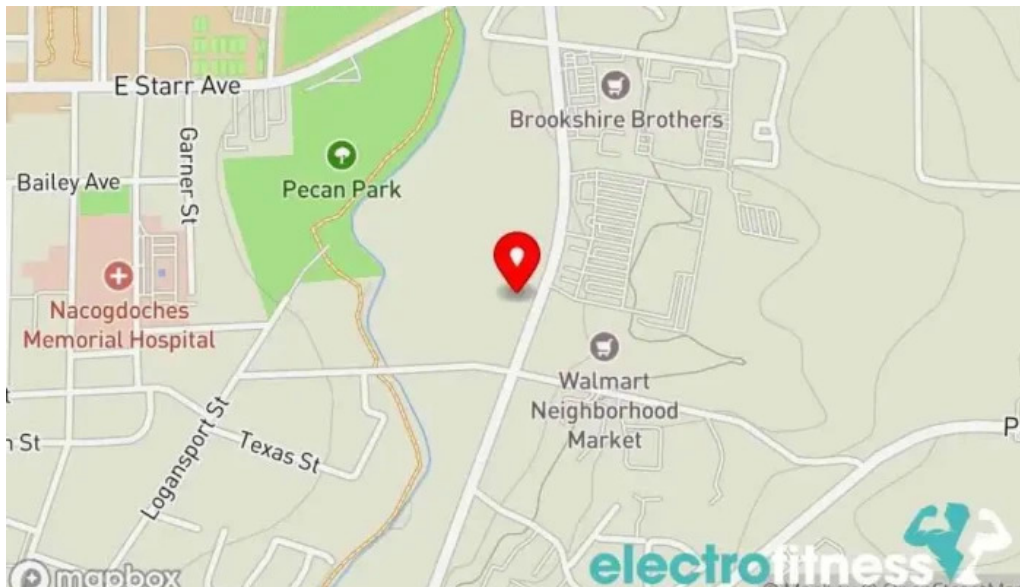


*Flexxology health fitness studio pilates studio*



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*Flexxology health fitness studio map*



*Flexxology health fitness studio latest*



*Flexxology health fitness studio by owner*



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## Tags

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

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<b>5.0 *</b>	<i>Optimal Health and Wellness - Cumberland</i>
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<b>5.0 *</b>	<i>Studio B.o.s.s. - White House</i>

## Categories

academic department
acupuncture clinic
after school program
aikido school
amusement center
amusement park ride
animal feed store
apartment building
apartment complex
aquatic centre
arena
art gallery
assisted living facility
association / organization
athletic club
athletic track
auditorium
bar
barber shop
basketball club
basketball court
batting cage center
beauty salon
beer store
body shaping class
boot camp
boxing club

boxing gym
boxing ring
buddhist temple
cafe
children's party service
chiropractor
church
club
coffee shop
college
community center
community health centre
convenience store
corporate office
counselor
country club
coworking space
cultural center
dance club
dance company
dance school
day spa
department store
disability services and support organization
disc golf course
discount store
dive shop
doctor
dollar store
educational institution
electric utility company
elementary school
exercise equipment store
facial spa
fertility clinic
firearms academy
fitness
fitness center
fitness equipment wholesaler
food producer
foot care
fountain



gated community
general hospital
golf club
golf course
golf instructor
grocery store
gun club
gym
gymnasium school
gymnastics center
gymnastics club
hair salon
health consultant
health food restaurant
health food store
health spa
hiking area
historical landmark
hospital
hotel
ice skating rink
indoor cycling
indoor golf course
indoor lodging
jujitsu school
karate club
karate school
kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
massage spa
massage therapist
medical clinic
medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
non-profit organization

nutritionist
outdoor clothing and equipment shop
outdoor sports store
outdoor swimming pool
pain control clinic
park
parking lot
parkour spot
personal trainer
pharmacy
physical fitness program
physical therapist
physical therapy clinic
pickleball court
pilates studio
pregnancy care center
private golf course
psychotherapist
public educational institution
public library
public swimming pool
real estate developer
recreation center
rehabilitation center
resort hotel
restaurant
rock climbing
rock climbing gym
rv park
sauna
school
school district office
self defense school
senior citizen center
shooting range
shopping mall
soccer club
social club
software company
spa
spa and health club
specialized clinic

sporting goods store
sports club
sports complex
sports massage therapist
sports medicine clinic
sports nutrition store
sports school
summer camp organizer
supermarket
swimming facility
swimming instructor
swimming pool
swimming school
taekwondo school
tanning salon
tennis club
thrift store
trade school
training centre
university
vitamin & supplements store
water park
weight loss service
weightlifting area
wellness center
wellness program
women's organization
women's personal trainer
wrestling school
yoga instructor
yoga studio
youth center
youth organization