

The Studio on Pope's Island - New Bedford

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The Studio on Pope's Island - New Bedford

Experience Pilates at The Studio on Pope's Island

Located in the heart of New Bedford, Massachusetts, ****The Studio on Pope's Island**** offers a unique and welcoming environment for both newcomers and seasoned practitioners of Pilates. This studio stands out not just for its high-quality instruction but also for its thoughtful amenities and accessibility features.

Accessibility for Everyone

One of the notable features of The Studio on Pope's Island is its commitment to accessibility. The studio boasts a ****wheelchair-accessible toilet**** and a ****wheelchair-accessible car park****, ensuring that all individuals can enjoy their Pilates experience without barriers. This focus on inclusion makes it a great choice for families with ****children**** or anyone who may require additional support.

A Warm and Inviting Atmosphere

Visitors repeatedly mention the warm environment created by the staff, particularly Steven and Nicole. Their friendly demeanor and expertise ensure that everyone feels comfortable, whether it's your first time trying Pilates or you're an experienced practitioner. As one satisfied client noted, "The instructors were knowledgeable, fun, and helpful," solidifying the atmosphere as engaging and supportive.

Recommended Appointments for Optimal Experience

While walk-ins are welcome, ****appointments are recommended**** to secure your spot in popular classes. The studio offers a variety of sessions, from mat Pilates to reformer classes, and early morning and evening offerings cater to different schedules. Clients have found that having guidance through their Pilates journey is crucial, as one participant stated, "Although I can exercise on my own, having guidance and new ideas is important."

Family-Friendly Amenities

The Studio on Pope's Island is not only a space for adults; it is also ****good for kids****. The welcoming environment allows families to engage in fitness together. Instructors like Nicole are known for their professionalism and ability to create a relaxed atmosphere, making it easy for clients of all ages to participate.

Planning Your Visit

When planning your visit, consider the various class options available. Whether you prefer Pilates reformer sessions or mat classes, there is something for everyone. As one review highlighted, "Having access to a range of classes has been invaluable." Make sure to check the schedule and book your appointment to make the most of your time at the studio.

Final Thoughts

The Studio on Pope's Island has quickly become a beloved destination for Pilates enthusiasts in New Bedford. The combination of expert instruction, accessibility features, and a family-friendly environment makes it a standout choice. With positive testimonials emphasizing the supportive community and skilled instructors, you are invited to experience the transformative power of Pilates. Don't hesitate to join a class and discover how this studio can enhance your fitness journey!

Our business is at

201 Popes Island, 02740 New Bedford, Massachusetts - United States (US)

The phone of the respective **Pilates studio** is +1774-328-8783

And if you want to send a WhatsApp, you can do so at +1774-328-8783

We are open during the following hours:

Day Hours
Monday

8:45?AM–3?PM

Tuesday

9?AM–12?PM

Wednesday

Closed

Thursday

7:45?AM–7?PM

Friday

7:45?AM–3?PM

Saturday

7:45?AM–7?PM

Sunday

7:45?AM–8?PM

The website is The Studio on Pope's Island

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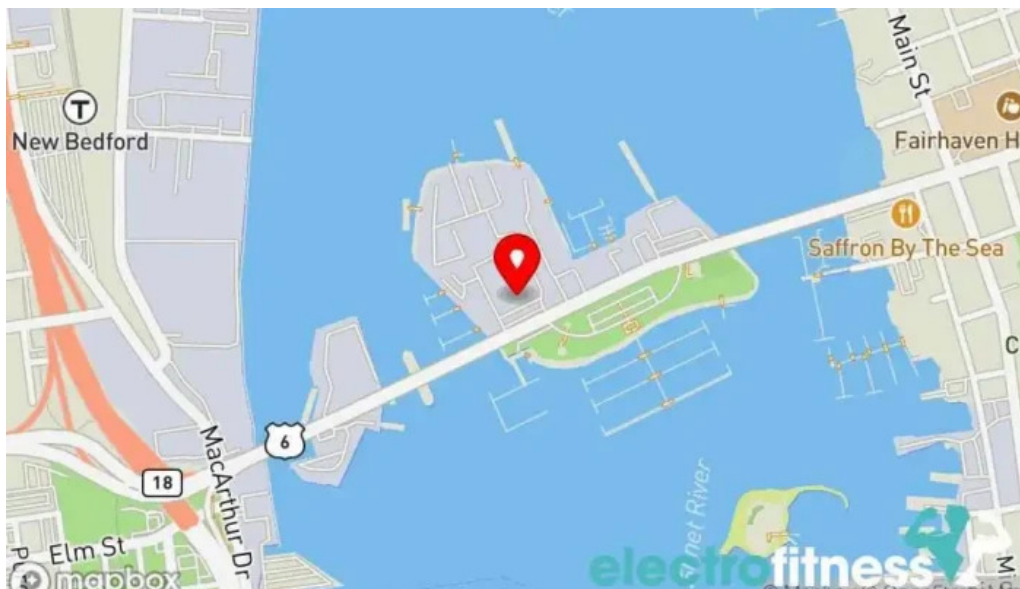
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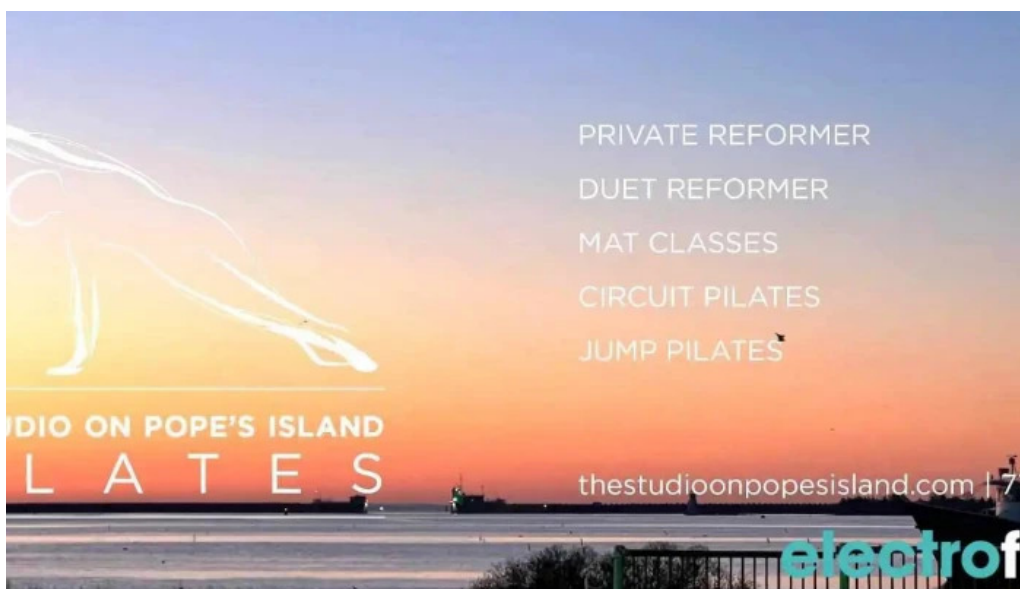
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exercise equipment store
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