

Hili Fitness Oviedo - Oviedo

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Welcome to HILI Fitness Pilates Studio in Oviedo, Florida

Located in the heart of **Oviedo, Florida**, HILI Fitness stands out as a premier **Pilates studio** dedicated to providing an exceptional workout experience. With a variety of classes and highly trained instructors, it's no wonder that this studio has quickly become a favorite among locals.

A Welcoming and Accessible Environment

HILI Fitness prioritizes **accessibility** for all its clients. The studio features a **wheelchair-accessible entrance** and offers a **wheelchair-accessible car park**. This ensures that everyone, regardless of their mobility needs, can enjoy the transformative benefits of Pilates.

Convenient Amenities

The studio boasts a **free parking lot**, making it easy for clients to access their classes without the hassle of finding street parking. Additionally, HILI Fitness is equipped with clean, modern **toilets** for the convenience of all attendees.

Class Experience and Recommendations

Clients recommend making **appointments** to secure a spot in their desired class, especially for popular offerings like the hot mat Pilates. One visitor noted, "If you're new, arrive 10 minutes early to navigate through the reformers to the back where the hot room is located." Despite a lack of waiting area, the spacious layout and vibrant atmosphere make each visit enjoyable.

Instructor Excellence

From personal experiences, it's clear that the instructors at HILI Fitness are a key element of its success. Many clients have highlighted the energy and support they receive during classes. Instructors like Carolina, Becky, and Chelsea have received glowing reviews, with one attendee stating, "Becky was very communicative and I was able to follow along easily." This inclusive atmosphere helps beginners feel comfortable and encourages them to return.

Women-Owned Business

HILI Fitness proudly identifies as a **women-owned** business, contributing to the empowerment of women in the fitness industry. Ailsa, the owner, has created a supportive community where each member feels valued and motivated to achieve their fitness goals.

Why Choose HILI Fitness?

Many clients remark that HILI Fitness is unlike any other fitness studio they have experienced. The combination of knowledgeable instructors, a welcoming environment, and a focus on client satisfaction sets this studio apart. One satisfied customer shared, "The energy and vibe in this location is electric!" Whether you're a seasoned Pilates enthusiast or just starting out, HILI Fitness in Oviedo is ready to guide you on your journey towards health and wellness. Book your first class today, and discover what makes this studio truly special!

The location of our business is in

7505 Red Bug Lake Rd #1013, 32765 Oviedo, Florida - United States (US)

The phone of this **Pilates studio** is +1407-978-4454

And if you want to send a WhatsApp, you can do so at +1407-978-4454

Visit us during the following hours:

Day	Hours
Monday	6?AM–8?PM
Tuesday	6?AM–8?PM
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	6?AM–8?PM
Saturday	8?AM–1?PM
Sunday	8?AM–1?PM

The website is HILI FITNESS Oviedo

If you need to alter any information that you consider is not correct concerning this site, we ask forward a message so that we will correct it at the earliest convenience. In advance thanks.

Images



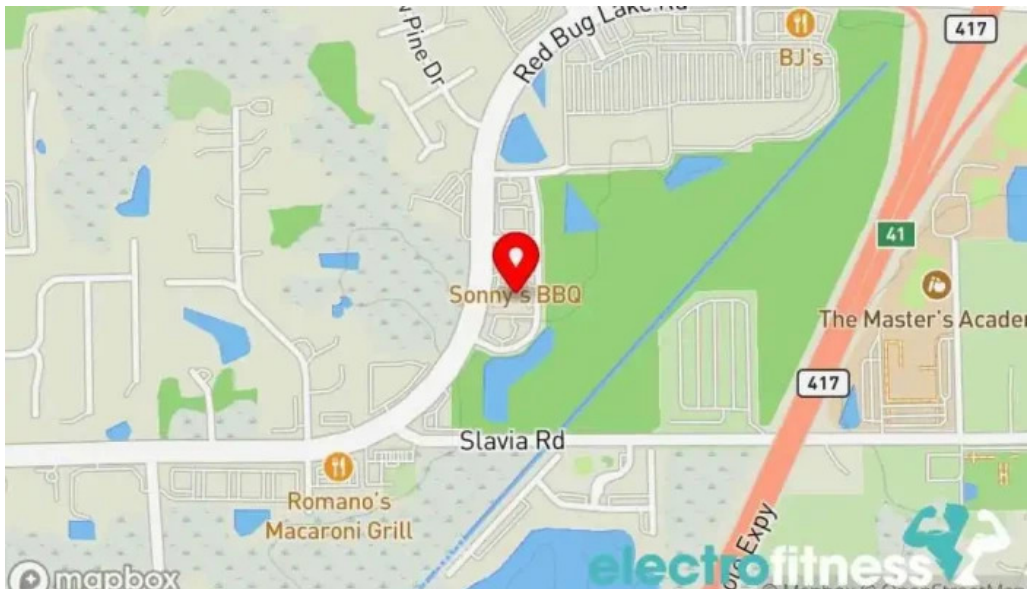
Hili fitness oviedo street view 360deg



Hili fitness oviedo pilates studio



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Tags

Toilet, Amenities, Accessibility, Wheelchair-accessible entrance, From the business, On-site parking, Identifies as women-owned, Free parking lot, Wheelchair-accessible car park, Planning, Appointments recommended, Parking

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