

Core Fitness - San Jose

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Core Fitness - San Jose

Discover Core Fitness: A Premier Pilates Studio in San Jose, California

If you're looking for a transformative fitness experience, look no further than ****Core Fitness**** in San Jose, California. This women-owned studio is not just a place to work out; it's a community that welcomes everyone with open arms.

Why Choose Core Fitness?

Joining Core Fitness was described by one member as “the best decision I have made in my adult life.” With nine months of dedication, they reported feeling happier, healthier, fitter, and even 14 lbs lighter! The supportive

atmosphere fostered by ****Nancy**** and her dedicated crew helps members thrive in their fitness journeys.

Welcoming Environment and Amenities

Core Fitness is known for its ****friendly clientele**** and fun atmosphere. Many visitors appreciate the variety in the routines, ensuring each class offers something new and exciting. The studio is ****LGBTQ+ friendly****, making it a safe and inclusive space for all individuals.

Accessibility and Comfort at Core Fitness

Understanding the importance of accessibility, Core Fitness provides several amenities to ensure a comfortable experience for everyone: -

****Wheelchair-accessible car park**** - ****Wheelchair-accessible toilet**** -

****Assistive hearing loop**** These features make it easy for everyone to participate in the classes, regardless of their physical needs.

Planning Your Visit: Appointments Recommended

To ensure personalized attention and optimal experience, ****appointments are recommended**** at Core Fitness. This approach allows the studio staff to cater to your specific fitness goals and provides a more intimate class setting. While appointments are required, walk-ins may also be accommodated based on availability.

A Community That Cares

From the business aspect, Core Fitness emphasizes creating a welcoming community. New members often note how friendly and encouraging the atmosphere is, which makes workouts enjoyable rather than a chore. Regulars love returning not just for the exercise, but for the camaraderie among participants. In conclusion, if you're in San Jose and seeking a Pilates studio that prioritizes your health, happiness, and inclusivity, Core Fitness is the perfect choice. Join today and experience the positive change it can bring to your life!

Our establishment is located at

5570 Sanchez Dr Suite 200, 95123 San Jose, California - United States (US)

The contact line of the respective **Pilates studio** is +1408-267-3348

And if you want to send a WhatsApp, you can do so at +1408-267-3348

Our opening hours are:

Day Hours
Monday
7–11?AM 4–5?PM
Tuesday
10?AM–12?PM
Wednesday
7–11?AM
Thursday
Closed
Friday
9–11?AM 6–7?PM
Saturday
7–11?AM 4–5?PM
Sunday
9–10?AM 6–7?PM

The website is Core Fitness

If you require to adjust any information that you feel is not accurate concerning this web, we ask deliver a message so we can we will fix it at the earliest convenience. Thank you in advance we appreciate it.

Images



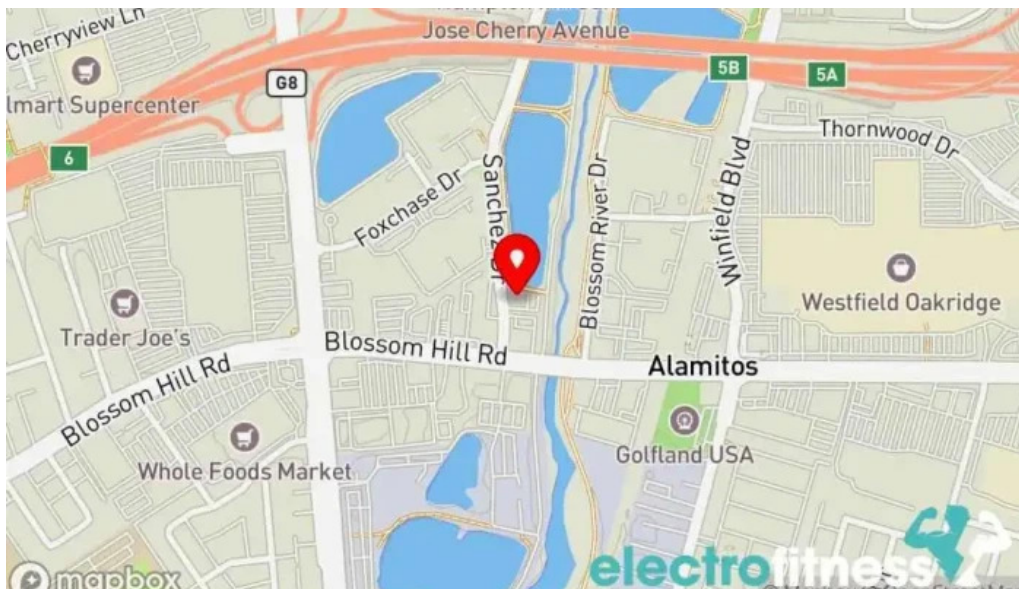
Core fitness yoga



Core fitness street view 360deg



Core fitness san jose



Core fitness map



Core fitness by owner



Core fitness all

Tags

Crowd, Wheelchair-accessible car park, LGBTQ+ friendly, Assistive hearing loop, Accessibility, Planning, Identifies as women-owned, From the business, Toilet, Appointment required, Amenities, Appointments recommended, Wheelchair-accessible toilet

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kennel
kickboxing school
kinesiologist
kinesiotherapist
martial arts club
martial arts school
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massage therapist
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medical group
medical spa
meditation center
metaphysical supply store
muay thai boxing gym
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outdoor sports store
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