

PeloDog Pilates + Indoor Cycling + Boutique - South Lake Tahoe

south lake tahoe

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Discover PeloDog Pilates + Indoor Cycling + Boutique in South Lake Tahoe

PeloDog Pilates + Indoor Cycling is not just a studio; it is a community hub for fitness enthusiasts in South Lake Tahoe, California. As a ****women-owned**** business, PeloDog stands out by providing a welcoming atmosphere that caters to individuals of all abilities.

Facilities and Accessibility

One of the key features of PeloDog is its commitment to **accessibility**. The studio has a **wheelchair-accessible entrance**, making it convenient for everyone to join in on the fitness journey. The **wheelchair-accessible car park** and **toilet** ensure that all guests feel welcome. Whether you're planning your first visit or are a regular, PeloDog offers an inclusive environment with essential **amenities** designed to meet diverse needs.

The Community Experience

Many clients rave about the community atmosphere at PeloDog. A visitor expressed, "My favorite exercise studio in Tahoe! Great teachers, great community, and challenging classes." This sense of belonging is amplified by the studio's dedicated instructors who create engaging and supportive class environments.

Class Offerings and Recommendations

PeloDog boasts a wide variety of classes, from Pilates and Barre to Spin and Body Sculpting. Beginners are encouraged to start with a Flow class to assess their ability. "I personally have seen such an improvement in my Pilates practice in the short time I've been working out with PeloDog," noted a satisfied client. Booking appointments is recommended, especially during peak times, as classes can fill up quickly. Don't be discouraged if your preferred class is fully booked; the waitlists often move!

A Welcoming Space

The studio is praised for being **fresh, clean, and conveniently located**, equipped with high-quality equipment. A client remarked, "Pelodog is so much more than Pilates. It is Barre, Spin... all lead by professional and kind instructors." This sentiment reflects the dedication of the team at PeloDog, led by owner Jen, to create a nurturing workout space.

Conclusion

From the thoughtfully designed classes to the responsive staff, PeloDog Pilates + Indoor Cycling is a true gem in South Lake Tahoe. Whether you're looking to heal after an injury, gain strength, or simply find a new community, PeloDog welcomes all with open arms. Thank you, PeloDog, for being a cornerstone of fitness and camaraderie in our community!

We are positioned at

2032 Lake Tahoe Blvd, 96150 South Lake Tahoe, California - United States (US)

The contact line of this **Pilates studio** is +1775-901-6466

And if you want to send a WhatsApp, you can do so at +1775-901-6466

We open at the following schedule:

Day Hours

Monday
6–11?AM 3:30–6:30?PM

Tuesday
6–10?AM 4:30–6:30?PM

Wednesday
6–10?AM 3:30–6:30?PM

Thursday
6–10?AM 4:30–6:30?PM

Friday
6–10?AM 4–5:30?PM

Saturday
7:30–11:30?AM

Sunday
Closed

The website is [PeloDog Pilates + Indoor Cycling + Boutique](#)

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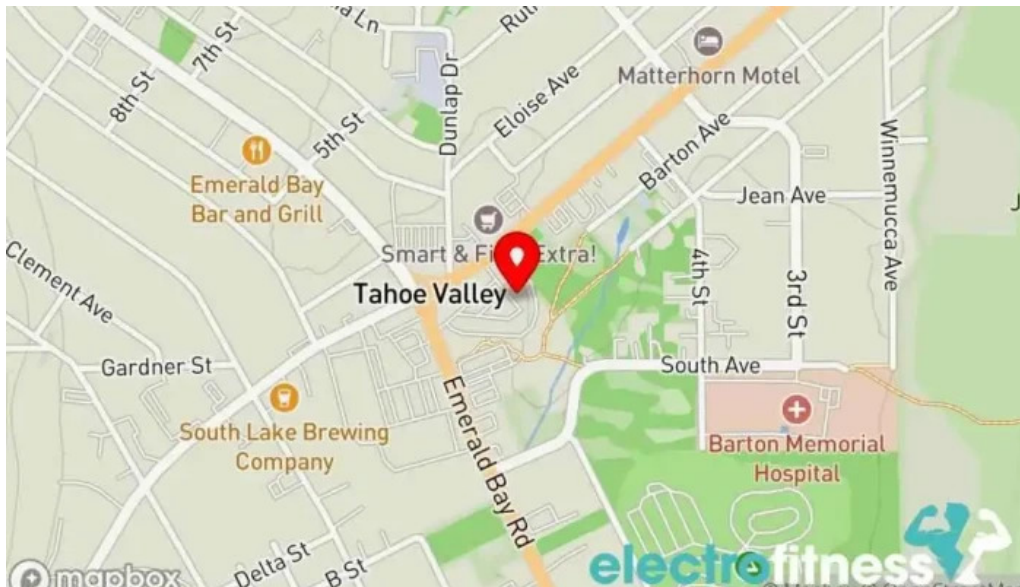
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Pelodog pilates indoor cycling boutique by owner



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Tags

Wheelchair-accessible car park, Toilet, Amenities, From the business, Wheelchair-accessible toilet, Wheelchair-accessible entrance, Planning, Accessibility, Identifies as women-owned, Appointments recommended

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