

Reformation Fitness - Shaw - Washington

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washington

Reformation Fitness - Shaw - Washington

Reformation Fitness - Shaw: Your Ultimate Pilates Studio in Washington, DC

If you're looking for a premier **Pilates studio** in Washington, D.C., look no further than **Reformation Fitness - Shaw**. This studio has garnered a reputation for its comprehensive offerings and commitment to the community. Let's explore what makes this studio special through its on-site services, facilities, and class experiences.

On-Site Services and Accessibility

Reformation Fitness provides a variety of **on-site services** that cater to all fitness levels. The studio boasts a **wheelchair-accessible car park** and a **wheelchair-accessible entrance**, ensuring that everyone can participate in the classes offered. Additionally, the facility includes **gender-neutral toilets** for enhanced inclusivity.

Class Variety and Planning

With an impressive array of classes available, Reformation Fitness embraces flexibility in **service options**. Whether you're interested in group reformer classes or specialized training sessions, there's something for everyone. Newcomers often find that the classes are well-planned, helping them feel less intimidated while stepping into the realm of strength training and conditioning.

Online Classes and Amenities

For those unable to attend in person, Reformation Fitness also offers **online classes**. This allows members to stay connected and maintain their fitness routines from the comfort of their homes. The studio itself features modern amenities, including water dispensers and lockers, which enhance the overall experience for attendees.

The Community Atmosphere

One of the standout features of Reformation Fitness is its vibrant community. Many patrons have noted the friendly environment where instructors greet participants by name, fostering a sense of belonging. The supportive culture makes it an ideal place for individuals at all skill levels to work out comfortably.

Appointment Requirements and Recommendations

While walk-ins are welcome, **appointments are recommended** for optimal class participation. This ensures a more personalized experience, especially during peak times when classes may fill quickly. It's good to note that some classes may require prior booking to secure your spot.

Feedback from Attendees

Attendees have shared mixed reviews, highlighting both positive and constructive feedback. Many love the clean atmosphere, enthusiastic instructors, and challenging workouts. However, some newbies have expressed

a need for more modifications during classes, particularly when the pace is fast. Overall, the studio's ability to adapt to various fitness levels and provide personalized attention is commendable.

Conclusion

Reformation Fitness - Shaw is truly a gem in Washington, D.C. With its range of **accessible amenities**, welcoming community, and diverse class offerings, it's the perfect place to embark on your fitness journey. Whether you're a seasoned athlete or just beginning, the supportive environment encourages all to challenge themselves and grow.

We are established at

1218 9th St NW, 20001 Washington, District of Columbia - United States (US)

The phone of this **Pilates studio** is +1202-813-3647

And if you want to send a WhatsApp, you can do so at +1202-813-3647

We are open during the following hours:

Day Hours
Monday
6:30?AM–8:30?PM
Tuesday
6:30?AM–8:30?PM
Wednesday
6:30?AM–8:30?PM
Thursday
6:30?AM–7:30?PM
Friday
8?AM–4?PM
Saturday
9?AM–6?PM
Sunday
6:30?AM–8:30?PM

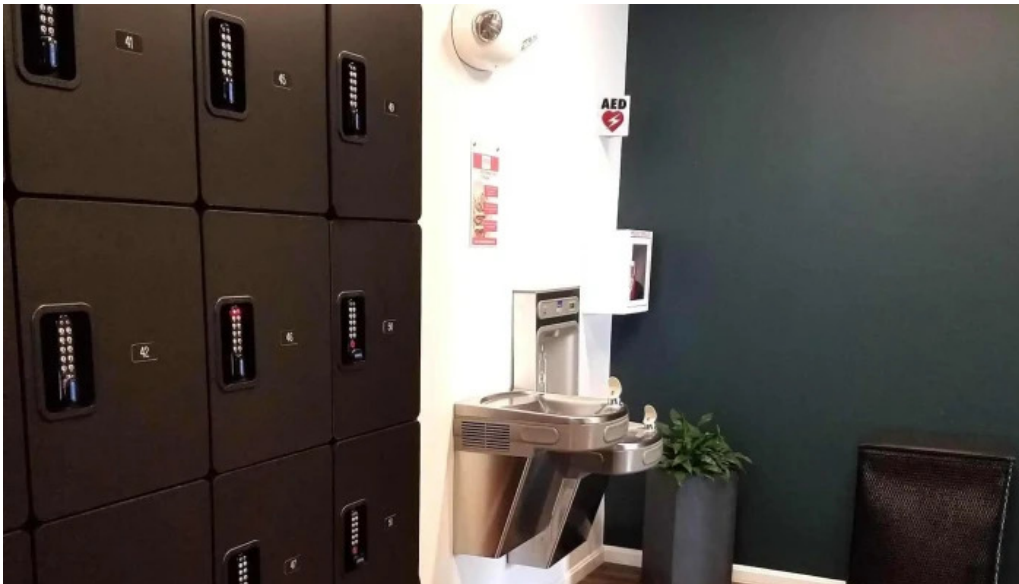
The website is Reformation Fitness - Shaw

In case you want to modify any detail that you believe is not precise related to this portal, we urge you to send us a message so we can we will adjust it as soon as possible. With anticipation we appreciate it.

Images



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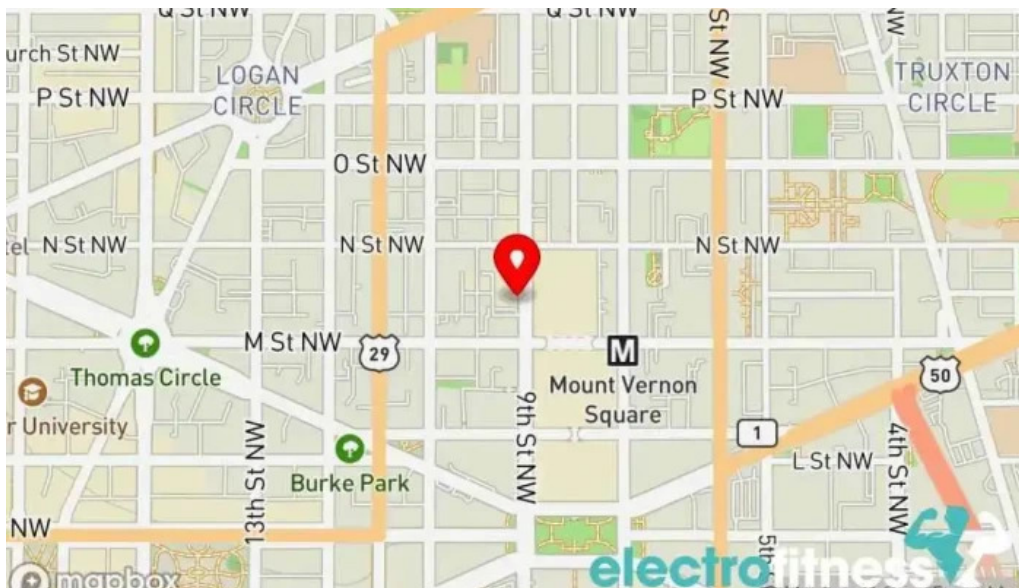
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