

[solidcore] - Washington

washington

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https://www.electrofitness.com/pilates-studio/washington/solidcore-washington_208447.php



washington

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Discover Solidcore Pilates Studio in Washington, DC

If you're searching for a transformative workout experience, **Solidcore** at Cathedral Commons in Washington, DC, stands out as one of the most highly recommended Pilates studios in the area. With dedicated instructors and a strong community vibe, this studio is redefining the way we think about core workouts.

Amenities and Accessibility

One of the key factors that make **Solidcore** a great choice is its **amenities**. The studio boasts:

Wheelchair-accessible entrance Wheelchair-accessible toilet
This commitment to **accessibility** ensures that everyone can enjoy the benefits of their rigorous classes.

Class Experience and Coaching

Classes at **Solidcore** are designed to challenge participants while fostering a supportive environment. Many clients have praised coaches like **Alethea** and **Toni** for their motivational techniques and positive attitudes. One member stated, "I love solidcore particularly at this location. Amazing instructors, Toni is the best - I always feel motivated."

From the moment you step into the studio, the atmosphere is infectious. The energy from the coaches paired with carefully curated playlists makes every session enjoyable. As one enthusiastic client expressed, "Every Solidcore instructor is so welcoming, and the work on my core and glutes is AMAZING!"

Planning Your Visit

If you're considering trying a class, it's **recommended to make appointments** in advance. The studio can get busy, and securing your spot will enhance your experience. Newcomers might find it helpful to arrive with enough time to settle in and get familiar with the studio layout.

Feedback from the Community

While many members rave about their experiences, some comments suggest room for improvement, particularly regarding the **air conditioning** during hot summer months. However, the overwhelming feedback emphasizes the challenging yet rewarding nature of the workouts.

As one satisfied customer put it, "I've been part of the SC community for 3 years now...it's hard and you will question why you signed up for class within the first 5 minutes, but it's so good!"

Conclusion

Whether you're new to Pilates or an experienced practitioner, **Solidcore** in Washington, DC, offers a unique blend of intense workouts, supportive coaching, and accessible facilities. Don't miss the chance to be part of a community that truly cares about your fitness journey.

You will find us at

3308 Wisconsin Ave NW, 20016 Washington, District of Columbia - United States (US)

The contact phone of the mentioned **Pilates studio** is +1202-800-1775

And if you want to send a WhatsApp, you can do so at +1202-800-1775

We are available at these times:

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

6?AM–8?PM

Sunday

6?AM–8?PM

The website is [solidcore]

If you wish to change any data that you believe is not precise concerning this page, we ask send a message and we will adjust it promptly. In advance we appreciate it.

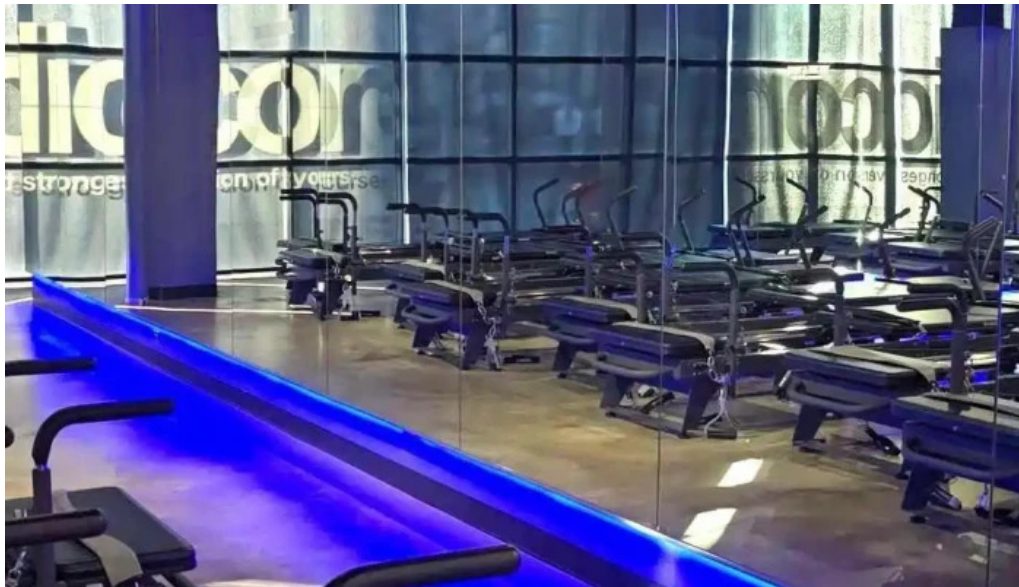
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Solidcore washington



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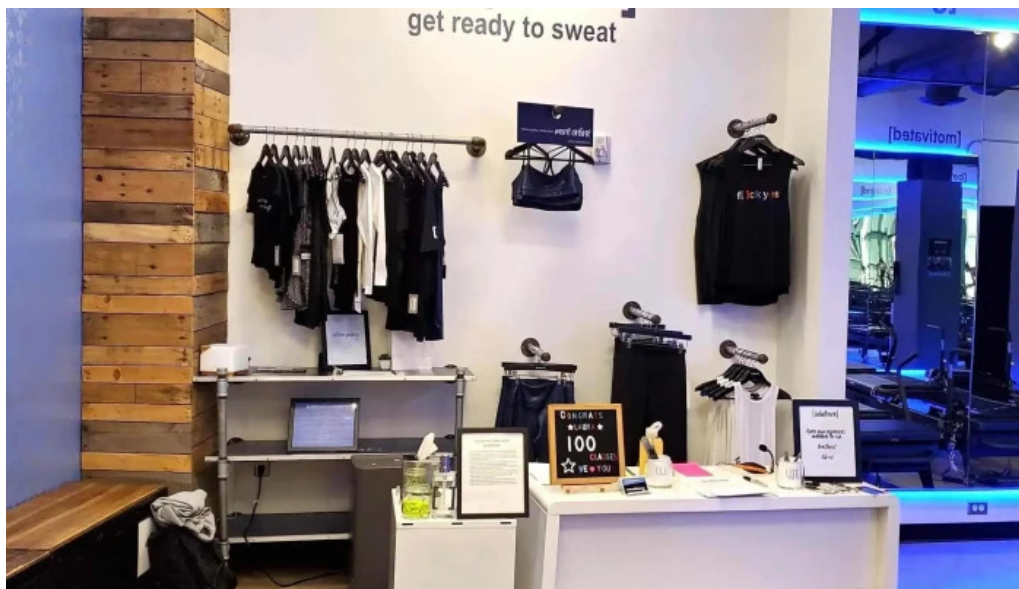
Solidcore street view 360deg



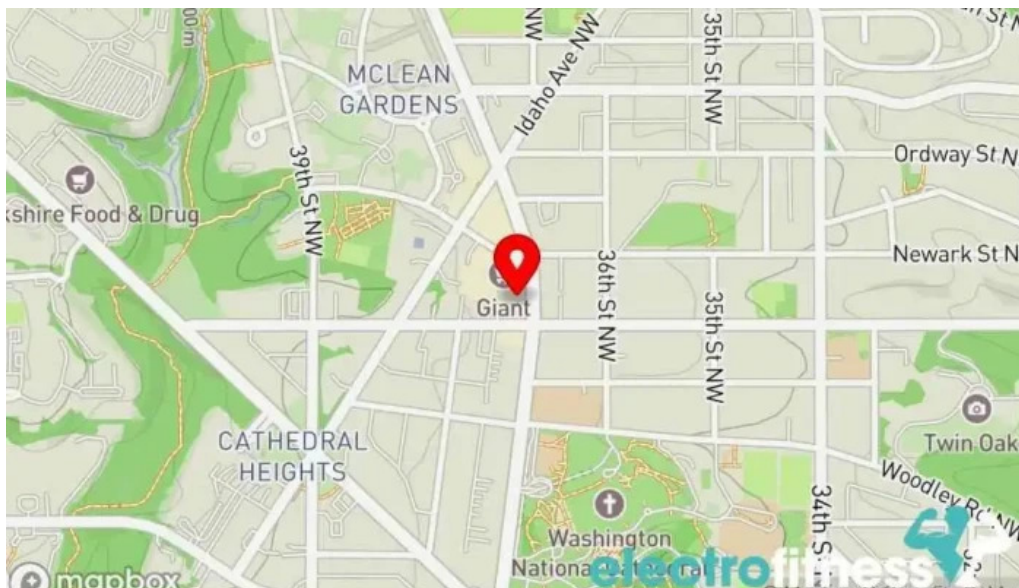
Solidcore reviews



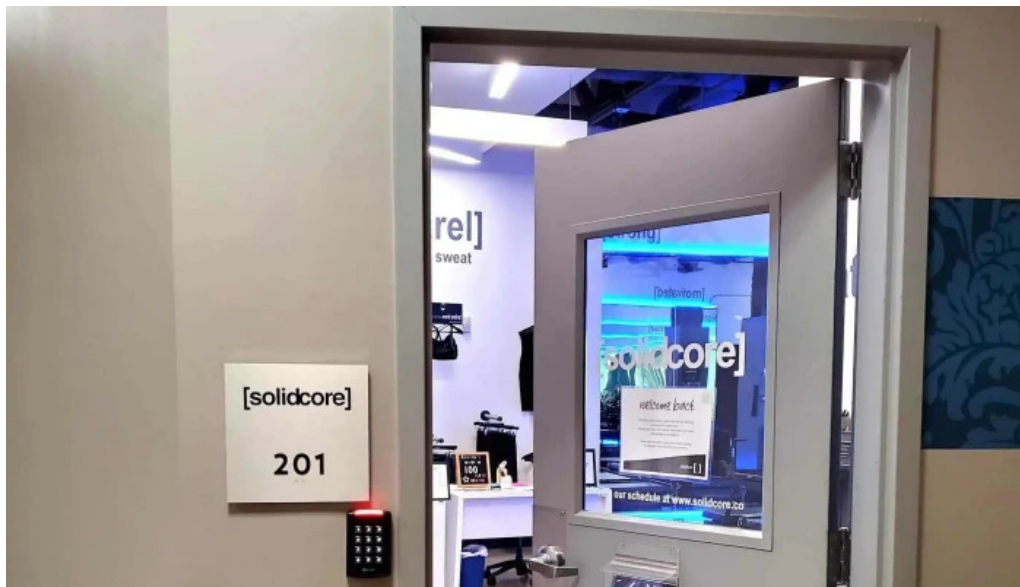
Solidcore pilates studio



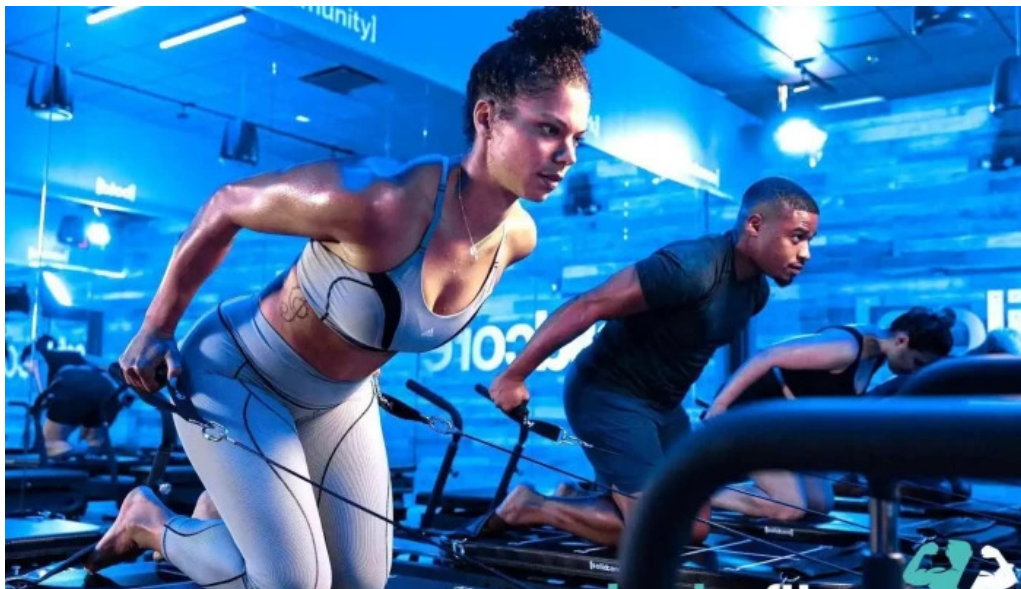
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Tags

Planning, Toilet, Amenities, Wheelchair-accessible toilet, Accessibility, Appointments recommended, Wheelchair-accessible entrance

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Washington

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golf instructor
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