

## [solidcore] - Washington

washington

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*washington*

## *[solidcore] - Washington*

### Discover the Benefits of Solidcore: A Unique Pilates Studio Experience in Washington D.C.

If you're looking for a challenging and rewarding full-body workout, **Solidcore** on H Street in Washington, D.C., should be at the top of your list. This studio not only offers an amazing workout but also prioritizes **accessibility** for all fitness levels.

### Accessibility Features

Solidcore is dedicated to providing an inclusive environment. The studio boasts a **wheelchair-accessible entrance** and a **wheelchair-accessible toilet**, ensuring that everyone can enjoy their fitness journey without barriers. Whether you are new to Pilates or recovering from an injury, the instructors here make sure that modifications are available to fit individual needs.

## Amenities That Enhance Your Experience

The amenities at **Solidcore** contribute greatly to the overall experience. With classes designed for various fitness levels, it's important to plan your visit.

**Appointments are recommended** to secure your spot, especially during peak hours. This ensures that you can participate in your desired classes without any hassle.

## Community and Personal Growth

One of the standout features of Solidcore is its sense of community. Reviewers often mention how welcoming the environment is, with coaches who genuinely care about your progress. For instance, a first-time participant remarked how the instructors made the class **accessible** and provided necessary cues and modifications, which helped them feel comfortable.

## Planning Your Visit

When planning your visit to Solidcore, remember to bring a towel and prepare to sweat! The classes typically last 50 minutes and are designed to push you to your limits. As one member noted, "Be prepared to sweat (bring a towel!) and push yourself." This commitment to intensity is what keeps members coming back, as they see improvements in their strength and endurance.

## Why Choose Solidcore?

Whether you're a beginner or a seasoned fitness enthusiast, Solidcore caters to a wide range of abilities. The studio stands out among competitors due to its dedicated coaching staff who provide personalized attention. Clients frequently mention the motivating atmosphere where everyone encourages each other, fostering a true sense of community.

With strong recommendations from long-term clients and timely feedback, Solidcore continues to evolve and enhance its offerings. It's not just a workout; it's a transformative experience that can reshape your health routine!

If you're searching for a place that balances tough workouts with a fun vibe, look no further than Solidcore on H Street. Plan your appointment today and become part of this vibrant fitness community!

## Our business is at

931 H St NE, 20002 Washington, District of Columbia - United States (US)

The phone number of the respective **Pilates studio** is +1202-888-3511

And if you want to send a WhatsApp, you can do so at +1202-888-3511

## Our public attention hours are:

Day	Hours
Monday	6?AM–8?PM
Tuesday	6?AM–8?PM
Wednesday	6?AM–8?PM
Thursday	6?AM–8?PM
Friday	7?AM–5?PM
Saturday	7?AM–5?PM
Sunday	6?AM–8?PM

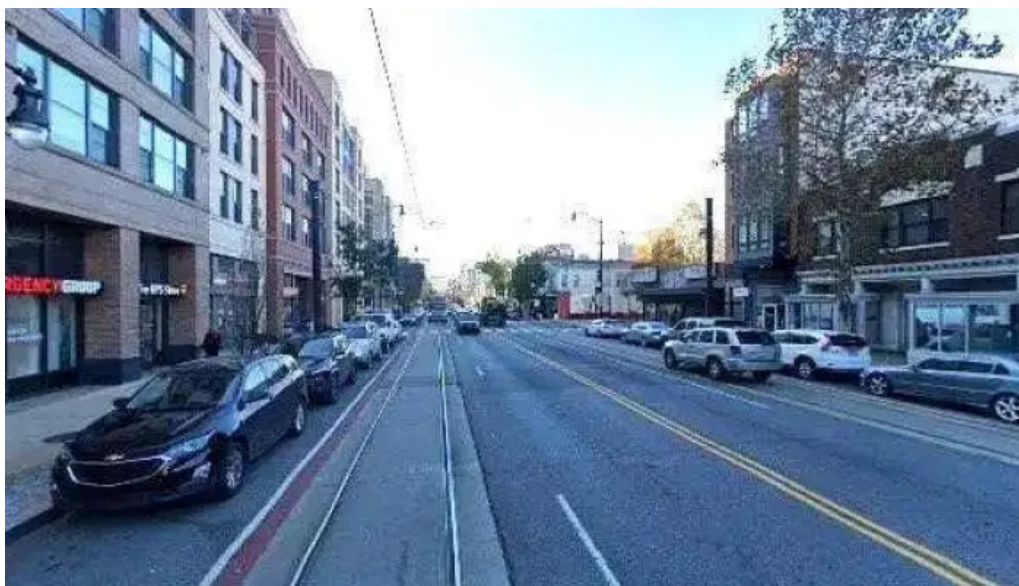
The website is [\[solidcore\]](#)

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## Images

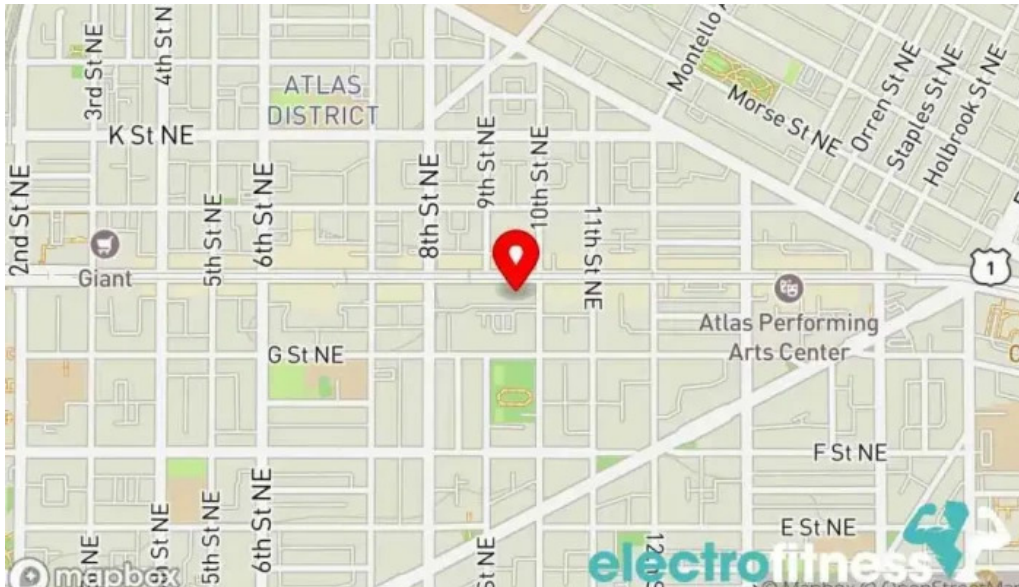


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## Tags

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

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boxing ring
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country club
coworking space
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dollar store
elementary school
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fitness center
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golf course
golf instructor
grocery store
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karate school
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kinesiologist
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pharmacy
physical fitness program
physical therapist
physical therapy clinic
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pilates studio
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recreation center
rehabilitation center
rock climbing gym
school district office
self defense school
shooting range
shopping mall
spa
spa and health club
sporting goods store
sports club
sports complex
sports medicine clinic
sports school
supermarket
swimming instructor
swimming school
tennis club
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training centre
vitamin & supplements store
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wellness center
wellness program
women's personal trainer
yoga instructor
yoga studio
youth organization