

Total Balance Yoga & Fitness Studio - Pittsburgh

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Total Balance Yoga & Fitness Studio - Pittsburgh

Welcome to Total Balance Yoga & Fitness Studio

Located in the heart of Pittsburgh, Pennsylvania, ****Total Balance Yoga & Fitness Studio**** is your destination for a holistic fitness experience. This charming studio stands out not only for its beautiful space but also for its welcoming environment, ensuring that every visitor feels at home.

A Variety of Classes for Everyone

At Total Balance, ****appointments are recommended**** to ensure personalized

attention, especially given the diverse range of classes offered. From prenatal yoga with instructors like Mahogany and Tiffany, who create an incredibly relaxing atmosphere, to intense workouts that cater to all fitness levels, there's something for everyone here. The studio features options such as Yin and Restorative Yoga, making it an ideal choice for those looking to unwind and recharge.

Accessibility and Amenities

Accessibility is a priority at Total Balance. The studio boasts a ****wheelchair-accessible car park**** and an easily accessible ****toilet**** facility, making it convenient for all guests. The spacious parking lot offers ****free parking****, eliminating stress for visitors. Additionally, ****free-of-charge street parking**** is available nearby.

An Environment That Embraces Community

This studio ****identifies as women-owned****, contributing to a warm and inclusive atmosphere that is often mentioned by attendees. Visitors frequently highlight the friendly and supportive nature of both the instructors and fellow participants, creating a non-judgmental space perfect for yogis of all skill levels.

Outdoor Services and Online Options

For those who enjoy practicing amidst nature, Total Balance also offers ****outdoor services**** when weather permits. Furthermore, with the rise of online classes, the studio provides flexible learning opportunities that allow you to maintain your practice from the comfort of your home.

From the Business: Commitment to Excellence

The staff at Total Balance is dedicated to providing top-notch ****on-site services****. Many attendees describe the studio as clean, bright, and inviting—ideal for practicing yoga or fitness. Instructors are praised not just for their expertise but also for their commitment to making every class enjoyable.

Plan Your Visit Today!

Whether you are seeking a new place to enhance your fitness journey or simply want to find a community that fosters wellness, ****Total Balance Yoga & Fitness Studio**** promises a serene and peaceful atmosphere coupled with excellent instruction. Don't wait— ****plan your visit**** now and discover what makes this studio a beloved choice among the locals!

We are established at

982 Perry Hwy, 15237 Pittsburgh, Pennsylvania - United States (US)

The contact phone of this **Yoga studio** is +1412-407-2568

And if you want to send a WhatsApp, you can do so at [+1412-407-2568](https://wa.me/14124072568)

We open at the following schedule:

Day Hours

Monday

7–8?AM 5:30–6:30?PM

Tuesday

8?AM–12:30?PM

Wednesday

8:30–11?AM 6:30–8?PM

Thursday

6–10?AM 4:30–8?PM

Friday

7–8?AM 5:30–8?PM

Saturday

6–7?AM 5:30–8?PM

Sunday

7–8?AM 5:30–8?PM

The website is [Total Balance Yoga & Fitness Studio](https://www.TotalBalanceYoga.com)

In case you want to alter any information that you believe is incorrect about this web, we kindly request send us a message so we can we will fix it at the earliest convenience. In advance thanks for your cooperation.

Images



Total balance yoga fitness studio yoga



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Tags

Online classes, Identifies as women-owned, Free of charge street parking, On-site parking, Toilet, Free parking lot, Service options, Accessibility, Parking, Amenities, Appointments recommended, On-site services, Outdoor services, From the business, Wheelchair-accessible car park, Planning

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parkour spot
personal trainer
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physical fitness program
physical therapist
physical therapy clinic
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private golf course
psychotherapist
public educational institution
public swimming pool
recreation center
rehabilitation center
resort hotel
rock climbing
rock climbing gym
rv park
sauna
school
school district office
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