

PILATES STUDIO DORAL MIAMI | OPTIMALFIT PILATES

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Contact: OptimalFit Pilates

Phone:



https://tinyurl.com/26bf6jjc

Address: 10887 NW 17th St #209, Miami, Florida, United States

Price: Check with seller

Description:

Get Started with your first Pilates workout. Discover how Pilates can help you build a lean, toned, healthy body. Offering Pilates classes, Barre classes, Health Coaching, and more. Bringing the body and mind into perfect balance. GROUP CLASSES - BOOK NOW Foundational Pilates Pilates Reformer Tower Combo Barre PRIVATE SESSIONS Pilates Personal Training HEALTH - BOOK A CONSULTATION Health Coaching Program Weight Loss Program Vedic Thai Bodywork Infrared Sauna Pilates is a great workout for your core, legs, and even upper body. Discover how Pilates can help you build a lean, toned, healthy body. Come and join us for an amazing Health Coaching program and create a life that you want for yourself! Learn More

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