

Directions to Embody Movement Pilates Studio, Inc.

We are a best kept secret 😊

Embody Movement Pilates Studio is located in the LifeStart Fitness Center in the [Central Park of Lisle building](#) complex. It is convenient to Lisle, Naperville, Wheaton and other Chicago suburbs. Membership to the club is NOT a pre-requisite to train with our studio. All are welcome!

Visiting us for the first time? Parking is accessible from both Naperville Rd or Warrenville Rd.

We are located at 4225 Naperville Rd., Lower Level, Lisle, IL 60532

- From I-88 going West, take the exit ramp for Naperville Rd.
- At the stoplight, turn right onto Warrenville Rd.
- Just after the Intersection of Naperville and Warrenville Roads, take a right into the Central Park of Lisle driveway.
- Take the second right into the parking lot on the North side of the building not far from the building dock.*
- Look for the glass doors on the Northwest corner of the building – a vestibule with a stairwell.
- Enter through the glass doors on the North side of the building and take the stairway.
- Walk down the hall and you should see the LifeStart club entrance.
- Ring the doorbell to be buzzed in.
- Please sign into the guest log and let them know you're there for a Pilates appt with us.
- The Pilates Studio is in the hall to the left of the group fitness room, just past the vending machine.



4225 Naperville Rd., Lower Level, Lisle, IL 60532. (630) 481-6367



PILATES STUDIO Inc.

630.481.6367 • EmbodyMovementPilates.com