

Emily Paris

- Group Ex instructor, teaching Low-impact Fitness, Enhance Fitness, Moving for Better Balance, PWR! Moves for people with Parkinson's, Step, various Strength and HIIT/Tabata formats.

Maya Mansukhani

- Specializes in biomechanics, coaching and creating plans for specific race goals, functional fitness, speed and power training, agility, weight loss, and pre-partum/postpartum health.

Jon Orbach

- Specializes in weight loss, strength training, various martial arts, specialized movement training, and self defense.

Catherine Buxhoeveden

- Specializes in senior fitness, functional fitness, and general wellness.

Corrie Danciu

- Specializes in high intensity training, active older adults, indoor cycling, and weight training.

Rachel Rogers

- Specializes in mobility, stability, core training, High Intensity Interval Training, general fitness, and Pre-partum/Postpartum fitness.

Shannon Aiken

- Specializes in strength training, exercise as a tool to reduce or prevent type II diabetes complications, and working with active older adults to become or stay healthy and fit throughout the aging process.

Eleni Chouvarda

- Specializes in sustainable weight loss, balance, strength training and proper form, marathon training, and long distance running of any level.

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