

Be Some Body

Student Spotlight

MARIANNE ENSLEIN



I am happy to announce Marianne Enslein as the December Student Spotlight! What a wonderful person to wrap up year of 2017! She began her Be Some Body journey taking two Pilates classes on a regular basis. She perfects her technique and always challenges herself in attempting the most difficult variation of the exercises. I have taken much pride and admiration in her progress with Pilates. Her control and fluidity is polished and demonstrates her strength in her core, improved balance and posture. She has participated in other classes working with cardio, weights, barre and the Stability Ball. Her form with the Stability Ball has advanced over the past 6 months showcasing her athletic quality in her movements and her overall improvement in her squats and pushups. In the beginning, she was always concerned about modifying exercises for her knees, but now due to the fact of her overall improved form and strength, she can focus on progressing and pushing herself without any injury standing in her way.

Marianne is a very caring person and I have personally heard her countless praises to others when she is at the studio. She is proof that you can become better in anything you want to do from European biking trips to having endless energy with your beautiful grandchildren.

♥Melissa

“BE SOMEBODY WHO MAKES EVERYBODY
FEEL LIKE A SOMEBODY.”

I was surprised and honored to be chosen for the student spotlight for December. I have been going to gyms and participating in various exercise classes throughout my adult life. I joined Be Some Body Fitness two years ago. I was searching for a different type of exercise program that I would look forward to attending and help me improve my overall muscle tone and fitness level. Numerous friends recommended Melissa due to the variety of her classes, the fun, collegial atmosphere and her attention to each participant's individual needs. They were right on all accounts. As a pediatric physical therapist, I have an active career. I also enjoy hiking, biking, tennis and kayaking in my free time, not to mention playing with my four, almost five young grandchildren.

However, the addition of Melissa's classes, especially Pilates and Stability Ball have improved my overall strength, balance and muscle tone. My clothes fit better and my husband has complimented me on my new muscles! I have also significantly decreased the visits to my chiropractor for back and knee issues. My goal is to be in better shape as I approach my 65th (gasp) birthday in April than I was 10 years ago. With Melissa's help I know that goal is possible! Thanks!

**“FITNESS IS NOT ABOUT BEING BETTER THAN SOMEONE ELSE...
IT'S ABOUT BEING BETTER THAN YOU USED TO BE.”**