

July Student Spotlight 2016



**BE SOMEBODY
WHO MAKES
EVERYBODY FEEL
LIKE SOMEBODY.**

LINDA CARABETTA

Congratulations to Linda! She has endured so many spinal issues and has clearly never given in to the notion of becoming sedentary! She is very active and has been a faithful and very committed Be Some Body participant over the years! She has returned to the studio stronger after major surgeries and has wowed many medical professionals as well as her family and friends. She is strong and is so outgoing in trying new ways to shine in fitness! We are proud of your accomplishments Linda!



Having been a nurse for 40 years in hospitals my body has had some wear and tear, most recently a neck and back fusion. Never exercising regularly and being stiff and in pain about 8 years ago a friend suggested I try Melissa's Adult Ed Pilates class. Little did I know my life would change forever!

Over the years I have attended many of her classes, trained with her daughter Allie, and have made fitness a way of life. Her enthusiasm, motivation, kindness and professionalism place her in the highest standing. No one has ever motivated me more and look forward to her classes especially my favorite Pump! My level of fitness and activity despite my surgeries and injuries would not be possibly without her. I have also found a new passion for cycling. Melissa has watched me with a cautious eye after my surgeries. Offering modifications "don't do this" or just giving me a "be careful" look.

I am planning to retire at the end of this year and enjoy being active thanks to Melissa who I also consider a lifetime friend!

Linda