

October Student Spotlight



Alyssa Beers

I am so proud to announce Alyssa Beers as Be Some Body's October Student Spotlight. It has been so rewarding to watch all her wonderful life milestones in the past four years. She is a young teacher and I loved the initial opportunity working with her with private Pilates training lessons. She loved Pilates and learned advanced exercises quickly with good form and was ready for new challenges at the studio! She surprised me with her flexibility to try all the different

classes I offered. She improved her stamina, strength, endurance and her muscle tone being known as "the bride" at the studio. She continued her fitness journey after the wedding which is an accomplishment since many do lose motivation after the big event is over. She was the most stunning bride and she really excelled in the boot camp program of being dedicated in recording fitness pal regularly. She participated on a few Sleeping Giant hikes with her husband, Tyler and took classes accompanied by her sister, Chelsea often. Being known as my young student, she shares many teaching, bride, puppy and baby stories especially with the fun ladies in boot camp. She always comes to class happy to work -out and values her "me" time. Trevor is her adorable son who takes up much of her time as well as her teaching career, but she is so dedicated to keep up her exercise regime. I am proud of Alyssa's journey and I am inspired of all her personal and professional successes and with many more to come!

♥Melissa

I first met Melissa in 2015 when I was in search of a fitness journey. I had let myself get out of shape and was not happy with the way my clothes were fitting me. Being a teacher, I had the summer off and made it my goal to get myself motivated, gain some confidence back, and find a fitness routine that I would stick with when the summer ended. I had stumbled across Be Some Body in my google search and thought I would give it a try. I spent the summer taking private Pilates lessons with Melissa and loved the results I was getting. Pilates had come easily to me and it was exercise that I enjoyed doing. It was very easy for me to continue once school started back up again.

After I had gotten engaged, I decided to branch out of Pilates and enroll in my first boot camp session. I quickly fell in love with these boot camp classes. Melissa was able to push me out of my comfort zone and I would leave class feeling so accomplished and strong. I was in the best shape I had been in in a long time. Without boot camp and Melissa's guidance, I don't think I would have fit into my wedding dress which was accidentally cut two sizes too small during alterations!

My biggest obstacle has to be getting back to my pre-pregnancy weight. Ever since I had my son life has gotten hectic and getting to the studio just wasn't always in the cards. Something that I once loved doing was put on the back burner. Over the past year I decided to make fitness a priority again and am happy with the results I am seeing. I have even been able to fit into some of my pre-pregnancy clothes.

Over four years later, I am happy that I chose Be Some Body that day and decided to take a chance on something new. This decision has been beneficial in many ways and I enjoy being part of the Be Some Body community. I am excited to see what my future holds with my fitness goals.

-Alyssa

*By doing what you LOVE,
you INSPIRE and awake
the hearts of others.*