

# December Student Spotlight



*Elinora Price*

I am proud to name Elinora Price, my December Student Spotlight of 2020! If it wasn't for a pandemic, our opportunity of seeing each other weekly would never have happened.

Elinora was one of my first students to whom I would just admire and be in awe every time she took my Pilates class. She was so graceful, strong and flexible. Every moment she performed was precise with intense focus. New Haven Ballet Wooster Street studio is where we first met. She was sweet, complimentary and loved challenge! She followed me to Be Some Body studio in North Haven and took all the classes she could. She loved co-motion, weights, stability ball, boot camps and

of course Pilates. She was a wonderful role model as well as a great instructor. In my sixteen years operating my business, I never hired anyone to assist in my classes. She knew my class formats and I was confident when she filled in for me when I had important Mommy events that I didn't want to miss for my three kids.

Elinora is loyal, kind and I have always enjoyed her company. She referred a few of her friends to the studio and they became part of the Be Some Body family. I was sad when she moved away. Years later, thanks to Facebook and our small circle of mutual friends, it was so neat to see she was ballroom dancing. I was so happy to see she was using her talents in a beautiful form of dance. She was amazing and it was great seeing some videos of her.

We lost touch again, then in mid-March of 2020 at the beginning of the pandemic, she saw I was teaching online classes. She has not missed a week of Saturdays Core, Stretch and Strengthen class for almost a year! Thank you for supporting my studio and I hope to continue Saturday Core Class on Zoom indefinitely in hopes that Elinora will continue the class (among other out of state attendees). She resides in Texas with her husband and she plays the active role of Mommy to her son, Noah (6) and daughter, Evie (2). I am so grateful for fate to reunite us again!

♥ *Melissa*

My first class with Melissa was way back in 2002, when a friend from work invited me to Melissa's Pilates class at New Haven Ballet. I was hooked on her classes from day one. I was blown away how Melissa could lead a class that challenged everybody, from novice to mature to expert. I had danced ballet throughout high school, but after high school I hadn't found a physical activity that challenged me and was fun-- until now.

Of course, I followed her when she opened her new studio, Be. Some Body Fitness & Pilates. For years, I enjoyed taking Melissa's classes and bootcamps, progressively improving until I began assisting in teaching classes too. Melissa was an amazing mentor. Sadly, I moved away from New Haven in 2007, and I never quite found the same magic combo Melissa offered in her fitness classes. Although I picked up other activities, like tango dancing, I admit my fitness dropped off when my kids were born.

Fast forward to 2020... I had connected again with Melissa through social media., so when the pandemic struck in the spring and Melissa started offering classes online, I jumped on it! I was a little nervous because I was out of shape and being on Zoom felt weird at first, but Melissa's style and class structure quickly put me at ease. It was a dream come true, taking my favorite classes from 2000 miles away! Melissa's online classes have been a silver lining in a difficult time, and I look forward to them every week. My fitness and energy have improved despite the hardships of the pandemic, and Melissa has motivated me to get back to taking better care of my fitness again.

*-Elinora*



The people who are meant to be in your life will always gravitate back towards you, not matter how far they wander.