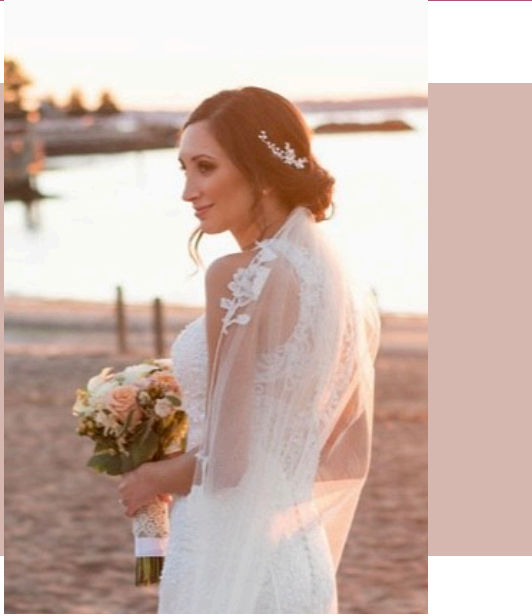


November Student Spotlight



Chelsea Andreucci

I am so excited to share the fairytale story and pictures of this beautiful bride, Chelsea Andreucci, our Be Some Body November Student Spotlight. Chelsea has been a joy to instruct over the years and it has been a family affair of working with her sister Alyssa as well. Chelsea was so excited when Alyssa was planning her wedding and loved the title of Maid of Honor. She proved to be an amazing planner and knew exactly how she envisioned her magical wedding was going to be!

As a Be Some Body regular attendee, Chelsea has become stronger with in Pilates, Stability Ball and her favorite class, barre! Her posture, balance and flexibility have improved with her consistent efforts. Nothing is more rewarding to me than for my clients to have a goal with a plan to achieve it. Chelsea is sweet and quiet, but once she is comfortable like she is with the Be Some Body family, her personality shines! I admire Chelsea so much for her positivity, determination and optimism.

I am so proud of her dedication and commitment to Be Some Body for both Zoom classes and attending the outdoor classes regularly. Even though, they had to postpone her original wedding date, she was able to roll with it and have the support and love of her family and friends to have a magical and beautiful wedding in October. It is so exciting to be part of the planning of milestones of my client's lives and her pictures are simply gorgeous, and she is so beautiful. I know Chelsea will continue become stronger in 2021 with new goals to reach while being a wonderful role model to her students as a school teacher by profession.

♥Melissa

I was never truly interested in working out or going to the gym as a teenager. I danced and played field hockey but that is where my fitness stopped. In 2014, when my sister asked me to join her at a Pilates class. I had no idea what to expect!

I met Melissa for the first time at one of her Pilates classes at Montowese School. It was hard as I was not used to that type of exercise system, but Melissa never made me feel uncomfortable or like I was an outsider. I left that class feeling excited to go again! That was a new change as I used to dread doing any kind of physical activity. I then bought a class card at Melissa's studio and tried many other classes there. My favorite being the barre class! I finally found a safe place to work out and feel welcome.

Everyone that goes to the studio is so friendly and welcoming! I felt at home. During the pandemic, I would do Zoom classes with Melissa and even went to several outdoor classes to prepare for my wedding day on October 2nd. Although, I didn't want to lose weight Melissa helped me tone and just become healthier. She showed me that fitness can make your mind, body, and spirit healthier as well. I am thankful for that! I am proud that I broke out of my comfort zone those many years ago and went to that initial Pilates class. If I hadn't, I would have never met Melissa! She is truly a great instructor and friend.

-Chelsea



Samantha Perrelli Photography

**STAY POSITIVE
STAY FOCUSED
STAY STRONG**