

February Student Spotlight



Renee Redman

February is Heart Healthy month, which makes Renee Redman is the perfect choice to showcase! Renee is in great cardiovascular health with her fitness regime of running. She is admired because of her dedication and commitment to becoming a “regular” to Friday morning Pilates! I have watched her master her technique and strength from planks to boomerangs over the years. It’s thrilling to watch your students excel in class and step out of their comfort zone and push themselves.

Focusing on making fitness a way of life than an “on again off again” effort really makes the biggest difference. Renee puts forth 100% effort in all classes she has participated in over the past 8 years. She has demonstrated great stamina in all cardio classes from Co-motion, Ball Training, and Boot Camps. During her participation in many boot camps, she focused on her healthy diet by utilizing the Fitness Pal app and always having perfect attendance.

Renee is always so happy to be a part of “Friday Fun Day Pilates” where the energy and enthusiasm are contagious. She is always encouraging others to make fitness fun with her sense of humor and positive vibes. I look forward to continuing being a coach and friend in Renee’s journey of fitness, in keeping her strength to continue her love of running and of course Pilates!

Congratulations to Renee & Mark for recently tying the knot at the beginning of this month! Another wonderful reason for Renee to be the Student Spotlight for February 2020!

♥Melissa

I'd always been a runner but needed to find a way to incorporate other types of exercise into my life. I started taking a Pilates class with Melissa and am still taking them eight year later! Along the way, I have taken other classes with her as well – boot camp, pump, even stability ball. But, Pilates class on Friday mornings has become a mainstay of my exercise practice. It strengthens my core, improves my flexibility, and even helped my posture. I “grew” half an inch. I also firmly believe that the knee strengthening exercises have allowed me to continue running into my 60s.

Melissa is a very talented dancer and athlete, of course, but she also meets every class member where he or she is. She always encourages us to push ourselves, coaxes us into proper form, and has a great sense of humor. She has created a class in which participants support and accommodate each other. Thanks for being in my life Melissa!

-Renee

*Find a workout style you enjoy.
Make a commitment to yourself
Go for it!*