



Healthy Body

Building strength, mobility, and confidence through movement.



Our Body classes combine expert physical training with accessible techniques that help participants improve strength, balance, posture, and vitality — supporting long-term physical health and preventing injury.

Coaching for a healthy body

- Biomechanics and functional body awareness
- Boxing: fitness, stress relief, and self-confidence
- Cardiovascular health coaching for endurance
- Functional movement and core stability training
- Mat Pilates for posture, balance, and flexibility
- Nutrition and juicing for energy and wellness
- Tai Chi and Wushu: graceful movement and balance
- Yoga and Yin Yoga for flexibility and deep relaxation

