

A Message From:

Danielle Benic

Hi! My name is Danielle Benic. I started my Pilates journey in 2010 by being Mat certified by Fit Tour. After teaching for two years, I wanted more! In 2012, I decided to become certified through NETA where I received my Pilates Reformer Certificate. I just love the benefits of this machine! Adding coil resistance and movement just kicks it up a notch! In 2016, I attended the For the Love of Yoga Teacher Training where I earned my RYT 200 Certificate.

Being able to help people focus on form, breathing, and their mind – body connection is a dream come true! As your instructor, I want to create a safe, fun, yet challenging experience while being your true self.

So, leave your ego at the door and come walk into a safe space where you can learn and grow with me!

Danielle Benic

Community Events: Healthy Living Series with Dr. Michelle Thompson, Grace Chapel
Community Yoga, Bee Well Therapies

A Message From:

Deborah Harrington

I grew up in this community. I have two children and a dog. I have always had a love for outdoor activities like snow skiing, snow shoeing, hiking, kayaking and spending time at my camp. My dedication to yoga has helped me stay young, fit and adventurous.

I have been practicing yoga for 18 years, teaching for 15. I have many years of education, including a 200 RYT Certification through Yoga Alliance and completion of studies at Third Street Yoga in Carnegie, PA. I also studied in Relax and Renew Training in Restorative Yoga. Additional certification includes Silver and Fit Group Exercise and Silver Sneakers in Group Fitness and Yoga.

This class is ideal for not only those who are new to yoga, but to advanced yogis as well. Modification and advancement will be offered throughout the class so that each person will achieve their full potential. Attention to alignment and breathing will also be a leading focus, helping to synchronize each movement with every breath.

The many benefits of yoga include relieving stress and anxiety, increasing flexibility, balance and muscle strength and tone. When people leave a yoga class they feel relaxed and energized!

Deborah Harrington

A Message From:

Judy Fiore

Certified Pilates Mat & Reformer Instructor

I am a NETA Certified Pilates Instructor. I received my initial certification in Mat Pilates in 2011. The following year, I received my certification for the Reformer.

As an instructor, I am drawn to Pilates for its principles on movement. Pilates helps to improve function, postural alignment, flexibility and overall strength. I have a great appreciation for the Pilates Reformer and its adaptability for being able to meet the client where they are on their fitness journey and continuing to build from there.

Come and challenge your mind and body with creative movements!

Judy Fiore

Certifications: Board Certified Occupational Therapy Assistant, 1998

Pilates Mat, 2011

Reformer, 2012

Barre Connect, 2016

CPR

Specialties: Core Bootcamp Workshop

HIIT and Tabata Training

Group Exercise Training