



Theresa fell in love with fitness when she realized how a little training and dedication could go a long way. Theresa was certified by AFAA and has been working in the industry for over 15 years. She specializes in teaching mat Pilates as well as a wide variety of other classes. From the moment she experienced her first barre class she knew it would be her next venture. Theresa loves the energy and results that each and every class brings. As a mother of two small children and a full time elementary school teacher she is there for her clients every step of the way from motivation to modifications and to celebrate each individuals achievements. Theresa is thrilled to be teaching in her hometown at Samadhi Yoga Shala!