



**Lauren Lieurance-Zimmer,
Pilates Instructor**

Lauren believes meaningful progress begins with understanding each person's unique goals, abilities, and experiences. Through individualized movement and thoughtful guidance, she helps clients improve strength, mobility, and overall well-being while creating a positive foundation for lifelong health and movement.

- Equipment-Based Pilates
- Private Sessions & Classes

At Statera, we offer traditional medicine, holistic healing, fitness, and nutrition services to support your whole-person health and wellness—mind, body, and spirit. Our multidisciplinary team collaborates to provide individualized care tailored to your unique needs and goals.



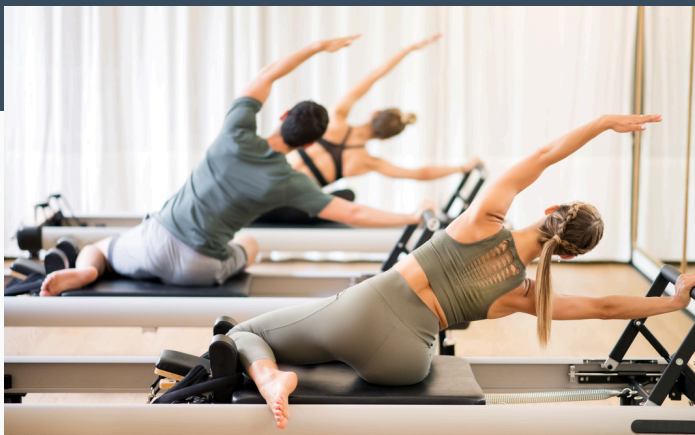
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Lauren Lieurance-Zimmer



Lauren is a dedicated Pilates instructor and educator who brings a thoughtful, science-informed approach to movement. With a background in teaching and coaching, Lauren's philosophy centers on supporting both physical and mental well-being through safe, intentional, and adaptable Pilates practice. Lauren completed Balanced Body training in Equipment-Based Pilates (EBP) in December 2025 and is currently student teaching, with plans to continue training in chair, mat, and additional apparatus. Lauren began her personal Pilates practice in 2023 to improve her overall health and longevity, and quickly developed a passion for sharing its benefits with others.

I believe Pilates is a powerful way to build strength, improve mobility, and support overall well-being. Whether I'm teaching a group class or private session, I strive to create a positive, encouraging environment where you feel challenged and supported. My goal is to help you move better, feel stronger, and build confidence through intentional movement. I value clear instruction and meeting each client where they are, offering modifications to support individual goals. Outside of Pilates, I enjoy gardening, cooking, traveling, and spending time with my family and our two dogs.



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