



Shannon Hummel ~ Pilates Instructor

Shannon completed her Balanced Body Pilates training for Equipment Based Pilates (EBP) in June 2023 and is currently student teaching. She began her personal Pilates practice in 2018 in order to get in shape after having her 4 children.

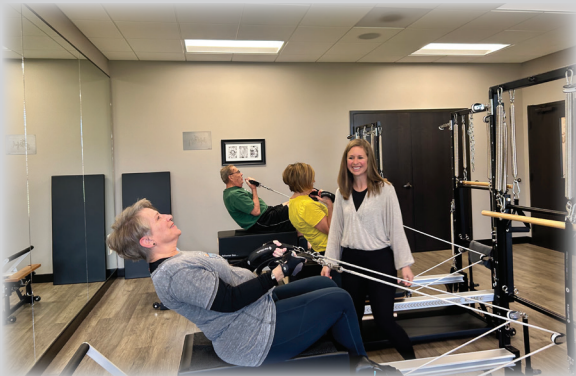
Pilates gave me a stronger body but also gave me more joy and confidence in my every day life which inspired me to share it with others. My goal is to provide you with a movement series that makes you feel strong and able. I provide cheerful cuing and modifications throughout my classes so that you can move well and feel successful. I have been amazed at what my body is capable of after doing Pilates for 5 years and I am excited to help you see your potential as well. My goal is to add years to your life and life to your years.

Besides teaching Pilates, I homeschool my four children and have an awesome husband who runs his own business. We love playing board games, reading books and traveling together. My kids love to join in my Pilates workouts at home whenever they can.

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breathe... inhale hope. exhale healing.

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- Mat Class Instruction Pilates
- Equipment Based Pilates
- Small & Private Classes

Statera Integrated Health and Wellness Solutions

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