



Terri Pitts loves teaching yoga, especially when students get into a pose they *thought* was not within their grasp, and surprise themselves when they do. Instructing for 10 years and with our Fitness Center since opening day, she teaches a “Vinyasa Flow” style of yoga with an emphasis on specific alignment and linking breath and movement. Each session is different and challenging, from vigorous flow to slow, deep stretching. Terri’s students find they gain flexibility and strength, not just physically, but mentally.

Although primarily a Yoga instructor, Terri’s repertoire includes Step, Sculpt, Resist-a-Ball, BOSU, Boot camp, Silver Sneakers and Kickboxing, and she can also be found teaching at East West Ice Palace, the home of Michele Kwan.

Terri also loves to cook, and read, and she’ll read pretty much anything. Once she starts a book, no matter how bad it is, she has to finish it because “you just never know... there might be something in there that makes it worthwhile.” That’s pretty much her philosophy on people and life too. Give everyone and everything a chance because there will probably be something worthwhile there.