

About Empowered Co-founders: Jocelyn DeMaio, and Neil Parisi

(continued from <http://empoweredstudio.com/about/>)

What's behind the name 'Empowered'?

Jocelyn: To me, "Empowered" invokes images of taking charge, overcoming obstacles, perseverance, and grit. I refer to myself as the "Chief Empowerment Officer" of the studio, because to be empowered, emotionally as well as physically, is what this is all about.

Neil: In the context of our studio, I think 'Empowered' resonates with taking control of one's own health and well-being, which is something everyone should do.



Why add Strength Classes?

Jocelyn: I believe in the importance of strength training for balanced results, and honestly, this expansion has always been part of our business plan. After all, variety is the spice of life!

Tell us more about the New Classes!

Neil: We plan to offer Empowered Signature Strength classes, which will incorporate a series of circuits into timed work/rest intervals that will utilize a variety of equipment props such as TRX, BOSU, Mini-Bands, etc. We will also offer specialty classes such as Barre and yoga inspired Flex. Our schedule will include 30/30 cycle/strength combo classes to give participants a taste of both worlds.

Stay tuned for more to come!

