

About Empowered Co-founders: [Jocelyn DeMaio, and Neil Parisi](https://empoweredstudio.com/about/)

(continued from <https://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 Empowered 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.

Tell us more about classes at Empowered

Neil: We offer a great variety of classes in both our cycling and strength studio. Our Empowered Ride is a little bit of everything from speed to watts. Stamina is all about maintaining a steady state while HIIT (High Intensity Interval Training) rides are the complete opposite, offering short intervals of work followed by recovery.

Jocelyn: Classes in our strength studio incorporate a series of circuits to timed work/rest intervals and utilize a variety of equipment and props such as TRX, BOSU, pilates bands, etc. We will also offer specialty classes such as Barre, Core and my favorite, Band Camp which utilizes a variety of stability bands for an added burn! Our schedule also includes combo cycle/strength classes to give participants a taste of both worlds.

