

Laura Pedersen, STOTT Trained Pilates Instructor

Laura Pedersen's journey in fitness started at a young age playing softball, volleyball and taking dance classes. Laura discovered her love for Pilates while living in Chicago, but it was after she had knee surgery in 2017 that Laura regained and utilized the benefits of Pilates in her post-surgery physical therapy.

Having and sharing a human connection was something that Laura was missing in her career as an accountant so she decided to expand further in her Pilates practice and become an instructor. Laura is trained in STOTT Pilates Essential/Intermediate Mat and Reformer.

Continuing education is a high priority for Laura, as she continues to expand her knowledge and grow in her Pilates career!