Moira

Center Fitness Instructor

About Me:

With BS and MS degrees in health and wellness plus national certifications in group fitness, barre, pilates, yoga, and indoor cycling, Moira brings exceptional knowledge and expertise to her instruction. She teaches a variety of classes and formats at universities and corporate sites throughout the St. Louis metropolitan region.

Moira stays active through outdoor walking and is passionate about helping others discover how fitness can transform their lives. She believes that making time for movement in your routine leads to a happier, healthier, and more balanced life, benefiting both physical and mental well-being.

At the Center, Moira teaches Barre on Thursday mornings at 9:30am in the Group Fitness Room. Her barre class combines athletic ballet and pilates with a strong focus on core work, providing a full-body workout that welcomes all fitness levels.

Center Fitness Classes:

Barre