

# the spotlight

A weekly roundup for shopping and doing business locally!

## WISEBarre Empowers Women with Wellness and Strength

WISEBarre, on Central Parkway in Decatur, is more than a boutique fitness studio. With specially trained and certified instructors, small class sizes, private personal training options and an atmosphere focused on helping each client achieve her full potential, it's a strong, supportive community of women – and it's what owner Amanda Maza always wanted.

"It's amazing to see all of these ladies support each other," said Maza, who opened WISEBarre Pilates Studio in February 2025. "I love what I do. I love to see the smiles on these women's faces. It's just something that makes me happy. It gives me a lot of joy in my heart."

Maza has five children, but she said her

business is like having another baby – one that requires her constant attention. She is meticulous about training her instructors, planning class formats and serving the women who come to the studio. "I owe it to all of my clients to give them 100 percent," Maza said. "I love seeing clients work through their challenges and become better and stronger versions of themselves."

WISEBarre is a good fit for women of a range of ages and fitness levels, with recent classes including students from 17 up to 70 years old. Maza said their goals are as varied as their ages; her classes can help clients whether they are looking to lose weight or inches, grow stronger, heal from



injuries sustained in other fitness programs or even stay safely fit during pregnancy.

To keep her focus on personalized support, Maza and her staff keep class sizes small – a

mere nine students for most sessions and only five for Reformer.

Whether she's interested in pilates, HIIT, goat yoga or the studio's one-of-a-kind Bike and Barre combo class, each

woman who comes to WISEBarre can count on individualized attention.

"I know each and every woman who walks through my doors," Maza said. "I'm able to teach everyone at their fitness level, all in the same room. Clients are not a number to me; I know each and every one of them."

Another important factor for Maza is pricing. "I've made it to where everybody can afford it," she explained. After all, who can't afford \$0 – the try-it-out, drop-in rate for first-timers? After that there are a range of pricing options for different classes and packages, all detailed at WISEBarre.com under Plans & Pricing.

For more information or to sign up for a class,

visit the website. Pre-registration is required, and waitlists are available for classes that fill up. You can also learn more through the WISEBarre app, available exclusively on the Google Play store. To get help with registering or find out more information, email Maza at amandamaza@wisebarre.com. Visit the studio at 2114 Central Parkway, Suite C, Decatur.

Maza is looking to add another certified spin/barre instructor to her staff, particularly someone with Thursday availability. Interested candidates can reach out via email.

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