

New location, new equipment, new classes

Almost everything is new at Sonya's Studio.

Owner Sonya Hulsey now has a new location at 14538 Manchester Road, Suite 202, in Ballwin. The new studio is not only roomier but outfitted with new equipment including

mats, weights, chairs, bands, Pilate balls, straps and bolster. In addition, Sonya's Studio will be offering new classes. So get ready, the Grand Opening is scheduled from 2-4 p.m. on Sunday, August 20.

The new space and classes coincide with the studio's five year anniversary in August, so come help Sonya and her students celebrate, then sign up to rejuvenate, free yourself and take the incredible mind and body journey to peacefulness and relaxation with yoga.

Classes include Yoga, Stretch, Strength Training, Beginning Fit, Sculpt, Cardio and Wall Yoga. Private lessons are also available in the studio and by Zoom.

Professionally trained by "Yogafit School," Sonya has been teaching her whole life and is still always eager to learn more. She taught at Wellbridge Athletic Club and Spa in Town & Country for 12 years

Sonya Moranz Hulsey, owner

and when the gym closed, she was blessed to start her own business with students who followed her from previous jobs.

Sonya has been teaching adults at all levels with modifications and children of all ages and abilities about health, wellness, gymnastics and yoga. She is especially fond of her work with her ladies workout group that know each other well and do things together outside the gym. Overall, she enjoys sharing her passion, her love for teaching and the importance of taking care of the mind, body and soul.



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