

## Leslie Turner, Owner

I graduated from DePaul University in 1995 with a degree in finance. After working in the corporate world for several years, my husband and I opened Master Turner's Martial Arts Academy, ([www.mtmaa.com](http://www.mtmaa.com)) a martial arts studio in Gilbert, AZ in January of 2002.

I became aware of Pilates when a friend was going through teacher training at a local studio. After just a few sessions, I was hooked. Having spent thousands of hours in the gym, I found that no boot camp, aerobics class, or personal training session was ever able to work strength, flexibility, and mobility the way that Pilates does.

I immediately began teacher training with Katrina Foe at Personalized Pilates in Scottsdale, AZ and became a Certified Instructor through the Physicalmind Institute. After teaching for almost a year, I decided to open my own studio dedicated to helping clients create balance and wellness in their bodies and lives.