

Tatum Hansen, Certified Pilates Instructor

Tatum Buhl is a Pilates trainer with vast experience in Pilates and fitness. She has a BA in health and wellness science, and is currently pursuing a Masters degree in the same field. Tatum's experience as a one time professional ballerina helps her understand the grace and fluidity of the human body. Work outs with Tatum will bring balance, strength and awareness into your daily life and exercise regimen. On a personal note, Tatum and her husband plan to spend a week and half building homes and school buildings this coming summer 2008!