

# *Sculpt, Tone & Align at* **Tenley Studio**

## **An Interview with Tenley Founder, Kristen Raisor-Jones**

*For our February issue we have the privilege of highlighting our sponsor, Tenley Studio. Our partnership with Tenley began in large measure because we kept running into residents of University Farm and Arbor Chase who had great things to say about the classes there. Tenley Studio offers a different take on fitness through a method that incorporates ballet barre conditioning exercises in an hour long high intensity workout. Their classes not only improve tone, flexibility, posture and alignment, they also provide a sense of community and support (as evidenced by its enthusiastic supporters). In the following, we hear from Tenley founder Kristen Raisor-Jones on her passion for helping her clients look and feel their best.*

*Kristen, what led you to start Tenley Studio?*

I grew up dancing and being active through living a fit lifestyle. I have always been conscious of eating well and taking care of myself. I attended Purdue University and after graduating I met my husband and started our family! My passion for fitness and wellness led me to opening Tenley Studio.

*In a few sentences, how would you describe Tenley Studio and what you do there?*

Tenley Studio is a boutique studio that offers barre, yoga, boxing, interval training, and dance classes. I started Tenley because I was passionate about sharing my love for fitness and wellness with the community. Tenley represents a place where clients can bring out the best in themselves and find their personal peak in fitness.

*What is unique about Tenley?*

As mentioned above, Tenley is a boutique studio that offers a wide variety of classes for clients to enjoy. At Tenley, clients can receive an all-around fitness experience. The Tenley Method for barre was designed to help clients hit their "workout high" and give them a one hour workout to help sculpt long, lean muscles, align the spine, and strengthen the core. This gives clients an all over strong, lean, fit body, and aids in total body wellness. Tenley Yoga offers: Cardio Yoga Sculpt, Power Vinyasa, and Yin Yoga. All of which will strengthen, lengthen, and challenge your body. All yoga classes are perfect for furthering your yoga practice. Tenley Knock Out (TKO) is an intense and stress relieving boxing class that teaches the fundamentals of boxing while incorporating



kickboxing moves. Tenley Dance, taught by a former Radio City Rockette, teaches clients the fundamentals of various dance styles for everyone. With the variety of classes available, Tenley can push your workouts to the next level while accommodating everyone's busy lives. Our studio also carries unique workout apparel that can take you from your workout to the street.

*Many of our readers are interested in being healthy and active, and they are trying to fit exercise and eating right into their schedules. Can you give them some advice?*

With 27 years of dedication to fitness and wellness, my one piece of advice is to take care of your body through exercise and a healthy lifestyle. Tenley brings that balance to your life by giving you the opportunity to be selfish for one hour out of the day to better your body. Whether you're a parent, a teacher, a student, or a career-driven individual, Tenley can fit into your life, and I promise you will see the results.

*What else should we know about Tenley Studio?*

The first class for clients is free for every class we offer. Also, we offer three levels of barre classes at Tenley: an open class for the beginners and those looking to understand the technique, a mixed class for those who are ready to pick up the pace and master the method, and finally our Tenley Tough for the masters of the Tenley Method (and yes, we promise you CAN do this). Lastly, we are located across from the courthouse in downtown Lafayette. You can download our App, Tenley Studio, in the iTunes Store!