

# Meet Mary Lou Schell of MBFit Studio

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Hi Mary, thanks for sharing your story with us. To start, maybe you can tell our readers some of your backstories.

My Journey in the Fitness and wellness industry started 25 years ago. As a College Volleyball Athlete my exposure to sports, coaching, fitness, and wellness became a part of my daily lifestyle. After graduating in the health industry with emphasize in Physical Therapy and Sports Medicine, the journey in helping others grew very quickly. Not only was I able to help with the rehabilitation of an individual, but also teach them how to incorporate proper movement patterns to maintain a pain-free lifestyle to continue growing the longevity of their activities. I quickly recognized that most individuals wanted to rehab to start moving well again and regain their freedom of physical activities they enjoyed whether it was running, Jogging, surfing, tennis, or a round of golf. My next chapter in wellness was transitioning into the fitness industry as an educator and presenter in Pilates, Personal Training, and group Fitness. Throughout a span of 12 years and working with hundreds of fitness professionals the message was clear that it was no longer about beating down the body to get fit and healthy but rather learning to be mindful of moving better and smarter.

Learning to connect and moving with the mindfulness became my mission. As a bilingual educator, I was able to work in several Spanish-speaking markets for Fitness and Wellness globally, such as Spain, Mexico, Chile, Peru, and most countries in South America, to be able to share this message of Mind Body.

There was also an opportunity where I was able to teach/certify group fitness instructors and Personal Trainers in the UK, Canada, and Japan.

Acknowledging that the human body was made up of movement patterns that we acquire throughout our lives, it was time to create a space to teach "HOW TO MOVE BETTER" and make those Mind Body connections.

After several years of travel and, spreading a message of Mind Body, and teaching other how to move better, my life drew me back to my hometown of San Diego, where I was born and raised. Having my Family in San Diego made it easy to settle in and have my son Tanner to grow in my hometown, where my family and longtime friends lived.

After several years of working with individuals in San Diego, such as athletes, fitness enthusiasts, and educators, I decided it was time to continue

to grow the vision of creating a physical space for individuals to come experience the endless opportunities of learning "How to Move Better" and "the Mind-Body Connection."

In 2022 an opportunity presented itself to acquire a space in Solana Beach to build a studio that would give me the freedom to incorporate and apply all the knowledge and experience that I had accumulated throughout my years of traveling and educating other on moving better. In February of 2023, my goal of creating a space to teach individuals of how to move better and incorporating the MindBody connection was built with NEW location in Solana beach ...MB Fit Studio.



MB Fit Studio is made up of a team of individuals that are passionate for what they do within the fitness and wellness industry and continue to grow and support the thought of the Mind-Body Connection to create a healthier individual. We currently offer classes for all levels of fitness, goals, and ages. Our services include: Pilates, Yoga, TRX, Stretch& Flexibility, Posture? Corrective Exercise, Stick Mobility, and More.

**Alright, so let's dig a little deeper into the story – has it been an easy path overall, and if not, what were the challenges you've had to overcome?**

Although my journey has been great and exciting, it wasn't always the smoothest. Many times, throughout my journey, I found myself starting with the job that I was over qualified for just to get started, gain experience, and stay motivated within the industry. Anytime there was an opportunity, I felt it was important to take it as a way to learn something new or an opportunity for another door to open.

**Appreciate you sharing that. What should we know about MBFit Studio?**

MB Fit Studio – Integrating Mind, Body, and Fitness with everything we do.

MB Fit Studio focuses on creating an environment for each and ever member to learn how to move better and pain-free. Each class is scalable for all ages, fitness levels, and goals. We specialize in Group Training Classes. We offer a variety of classes, from using a Hypervolt (percussion Therapy) for Flexibility/ Stretching classes, Aerial Yoga, Mat Pilates, YOGA, Stick Mobility, TRX, Corrective exercises, Kids yoga, and more. We also offer additional services, including Massage, Neuromuscular therapy, Acupuncture, and Nutrition.

Our goal is to create a positive, exclusive, and customized experience in a Boutique environment. We are not just about moving people to burn calories, but rather teach HOW to move the body in a mindful way in each workout for ultimate efficiency and results.

What I'm most proud of for our Brand is the Community and Culture we have created since we opened in February 2022. not only in the Studio but also in the Solana Beach and surrounding communities. Each and every one of our members and MB Fit Studio team brings a unique experience to our community which creates a fun, motivating, and inspiring environment. We strive for everyone who comes into MB Fit Studio to feel our friendly vibe, a sense of welcome, and excitement to be a part of our community with NEW friends and a fitness Family.

MB Fit Studio stands for Mind, Body, and Fitness. Our goal is to Integrate all three areas in each one of our classes. All our instructors and coaches have the experience and knowledge to guide all fitness levels of members through each one of the class trainings.

We will always make the members our top priority. We are about creating a unique experience outside of a cookie-cutter workout. We offer exclusive attention to all our members with all their goals in mind.

**Any big plans?**

We are looking to create such a GREAT brand at MB Fit Studio in hopes of duplicating 3 times over. As far as the Solana Beach Location, we are looking forward to grow our involvement in the community through the public service support- i.e., Firefighters, chamber of commerce, Fiesta Del Sol, etc.

Looking forward to grow and make a difference in our community.

