

Carly Fauth's love of fitness began at age 7 when she started running road races with her Dad. Over the years she has dabbled in pretty much every sport and athletic activity under the sun. Carly became a huge fan of Barre in 2012 and completed her training at Boston Body in 2014 (when she was 8 months pregnant!). She loves the constant challenge of Barre and the fact that it's such a fun way to get an intense workout. Carly also enjoys yoga, running, swimming, biking, hiking, paddle boarding and competing in triathlons. She's also a Reiki practitioner. Carly lives in Milford with her husband, 2 little boys, and crazy dog, Pippa.