

Sara Knox found herself a few years ago struggling to lose the weight she gained during her pregnancies. She began working out at home and started running. She quickly learned it wasn't enough to exercise on her own. She joined a local barre studio and hasn't looked back since. After participating in many different fitness classes over the years, she discovered Piloxing. Piloxing is a mesh of all the fitness goals Sara wants for herself and others. She is excited to bring this high intensity fun fitness class to Express. Sara lives in Uxbridge with her husband, 3 sons, and their dog Brady.