

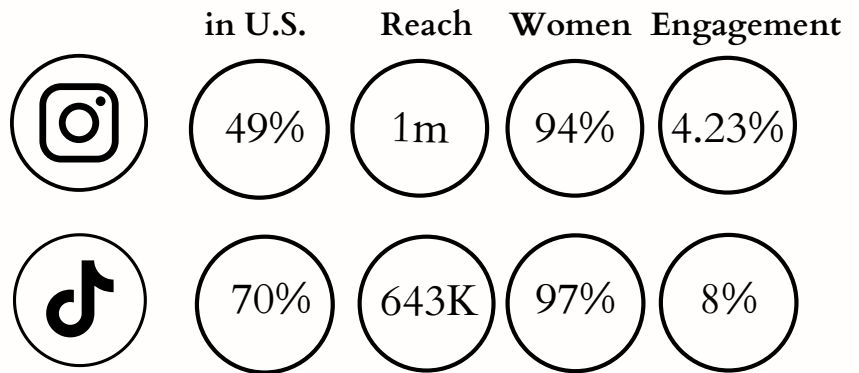


Alexa Idama

@LOWIMPACTFIT

121k
Instagram

61k
Tik Tok



ABOUT ME

I am a classical Pilates teacher who aims to bring Pilates to the people, especially those who have traditionally been under-represented in this practice. Through classical Pilates I help women reach new limits and discover the best version of themselves. My goal is to make Pilates more accessible to every body.

