



Lindsey L'Amoreaux, of Newcastle, works out at The Studio Martial Arts and Fitness in Granite Bay.

PRESS TRIBUNE  
FILE PHOTO

# The Studio knocks out the competition

BY SENA CHRISTIAN  
THE PRESS TRIBUNE

The women and men who practice at The Studio Martial Arts and Fitness in Granite Bay know a thing or two about a quality workout with experienced instructors.

Perhaps it's because The Studio's owner is Amitis Pourarian. She's a sixth-belt black belt master who has practiced taekwondo for more than 20 years.

She's a four-time national champion and former member of the U.S. World Cup team. For her day job, she operates a real-estate brokerage firm.

But Pourarian turns the recognition right back around to her clients and colleagues.

"Our members make us special," she said. "We have built a community of caring, hard-working people. It's an amazing place

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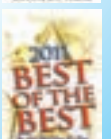


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**"Our members make us special. We have built a community of caring, hard-working people. It's an amazing place to grow as a person."**

Amitis Pourarian, owner, The Studio Martial Arts and Fitness

to grow as a person."

Pourarian opened The Studio in January 2010 and now offers classes in Zumba, belly dance, balletone, Persian dance, cardio kickboxing, yoga, jiu-jitsu, taekwondo, piloga, boot camp and more. She also created a program solely for women around the concept of developing a healthy body and healthy state of mind. This class is called Bad-Ass Moms.

The common goal of all The Studio's classes is to develop "strong bodies

### BEST MARTIAL ARTS STUDIO

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**Address:** 4130 Douglas Blvd., Suite 405 in Granite Bay  
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**Website:** www.trainatthestudio.com

and clear minds" for the benefit of clients and, ultimately, the larger society.



PRESS TRIBUNE FILE PHOTO

Amitis Pourarian leads a class at The Studio Martial Arts and Fitness in Granite Bay. The Studio offers classes in Zumba, belly dance, balletone, Persian dance, cardio kickboxing, yoga, jiu-jitsu, taekwondo, piloga, boot camp and more.

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