



# Fitness that the whole family can get get a kick out of

BY GLORIA YOUNG

## Learn self-defense while spending family time together

When Granite Bay resident Amitis Pourarian discovered martial arts in her early teens, it captured her heart. “I really fell in love with it,” she said. “It is not a team sport. It is an individual sport that control is in your hands for you to be as good as you want to be on your own.”

It quickly became an essential part of her life.

“I just was consistent with it throughout school and even when I worked,” she said. “It made me very athletic and confident. I ended up being on the U.S. team in 2001 and competed for the U.S. in the World Cup in Vietnam.”

Today she is a seventh-degree taekwondo master and owns The Studio Martial Arts & Fitness in Roseville.

In addition to martial arts/Taekwondo, Pourarian’s studio offers classes in fitness, cardio kickboxing, Zumba, yoga, weight training, spin, Pilates and a ninja obstacle course.

The popular studio actually got off to a slow start.

“I opened it in 2010 and I actually taught one person for two weeks,” she said. “‘Nice decision — way to go,’ I said to myself. One turned to two. Now we have 900 members. It has been a great decision.”



PHOTO BY AMITIS POURARIAN

The center has a strong focus on family and Pourarian's vision that there is a class for every age and every fitness level.

"That means if you have a 3-year-old, there's a class at The Studio. If you are a grandma or grandpa in your 80s, there's a class for you."

For very young children, there's the Tiny Tigers and a Mini-Ninja programs. The Super Kids martial arts program is ages 6-12. There are teen and adult martial arts classes. The Wise Warrior program is for seniors and those who have had injuries and can't sustain high impact.

"Literally, for anyone in the family, there's something to do at The Studio," she said. "We have two rooms. The kids are in martial arts while parents are doing martial arts or kickboxing. Parents and kids come in together and leave together and get an amazing workout. It eliminates the problem of parents not having time for themselves. They work out at the same time as their children's workout. It has been really popular."

There are even classes in which the whole family trains together.

"They are coming in and getting a workout with their family and getting quality time together and then they go home together," Pourarian said.

It works well despite age and fitness differences.

"We have a very structured teaching system that allows us to manage our classes in a family environment at different levels," Pourarian explained. "We are amazing at managing different people. And they go out feeling energized. They leave with a feeling of accomplishment. They learn self-defense and they have quality time with their family. It is a win-win across the board."

The growing success of the business necessitated a move in 2013 to a larger location.

"(The original studio) was 3,000 square feet and we started growing out of the

## The Studio Martial Arts & Fitness

**WHERE:** 8200 Sierra College Blvd., Roseville

**INFO:** [trainatthestudio.com](http://trainatthestudio.com), 916-258-5425

See website for class times.



PHOTO BY AMITIS POURARIAN

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Above: Amitis Pourarian, center, owner of The Studio, leads a martial arts class. Above at right, Ronan Hughes and Jared Elder in the Kids Black Belt Taekwondo class. Lower right: Ellie Carter tackles the climbing wall at The Studio.

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seams,” she said. “We couldn’t fit into the space anymore.”

The current site gives her 5,500 square feet and she is “stretching out of the seams” there, too, she said.

For Pourarian, giving back to the community is an important aspect of being a business owner.

“We do community service and make community charitable contributions,” she said. “We have so many organizations that we do fundraising for. Right now we are doing a sock drive, which is the No. 1 requested item by the homeless. Last year we gave away 1,200 pairs of socks.”

The studio offers memberships in martial arts, fitness and ninja or all three. Monthly rates vary depending on the program.

Pourarian was born in Iran and grew up in the Folsom/Granite Bay/Roseville area. She has a master’s degree in construction management and is a real estate broker and general contractor.

Owning The Studio allows her to follow her passion and encourage others to excel in the sport she loves.

“I would easily have to say (that my favorite aspect) is changing people’s lives through martial arts and fitness for the better and watching them grow into the next best version of themselves,” she said. “And I am lucky to do it every day.”



PHOTO BY AMITIS POURARIAN

At top: Instructors Lynn Jaki, left, and Carol Cooper, right, with Amitis Pourarian at The Studio in Roseville. Lower: Lilly Carter on the spider walk at The Studio Martial Arts & Fitness in Roseville.