

Hi, I'm Saranne Glamfield. I'm the founder of Spring3 Studio Business Consulting and host of the Pilates Business Podcast. I work exclusively with boutique fitness studio owners, especially Pilates studio owners who are passionate about teaching but want more clarity and confidence and more growth in their studio business. In these videos, I share short, practical lessons that cover some of the biggest questions and challenges that I hear from studio owners every day, questions like, "How do I get more clients?"

How can I simplify operations? Am I priced correctly?" And, "How do I run a studio without burning myself out and running myself into the ground in the process?" In these videos, just like in my coaching, I give you not just the theory but also the actionable steps, whether it's understanding pricing strategies or how to use social media effectively or knowing how to respond to the ever-increasing levels of competition.

My goal is to help you see the opportunities inside of your studio business and to help you build the habits and the systems that matter most and to ensure that you feel as confident as possible about the decisions that you're making as a studio owner. I know that running a studio business is not just about teaching.

There is so much more that goes into it than that. It's about building something that is sustainable, that fulfills you, that supports you and your team and your community of clients. So, whether you are just starting out or you're looking to grow your business and take it to the next level, these videos will help.

And if you'd like to learn more about how I work with studio owners like you, you can always find me at [Spring3.com](https://spring3.com) or listen in to the Pilates Business Podcast.