

A family of six and a dog are posed in a living room. An older man in a black sweater and khaki pants sits on the left side of a red sofa. Behind him stands a young girl in a grey vest. Next to her is a man in a red jacket. In the center is a woman in a black top with a white necklace. To her right is a young boy in a dark sweater. On the far right of the sofa sits an older woman in a white turtleneck and grey pants. A white, shaggy dog sits on the floor in front of the sofa. The background features a white door, a window with a grid pattern, and framed botanical illustrations on the wall.

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Meet the Walsh Family

BUSINESS beat

M.O.M.s Method (Mind over Matter Studio)

Photography by Trent Albert

M.O.M.s Method
{Mind Over Matter Studio}
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Orlee Glazer is founder and owner of M.O.M.s Method (Mind Over Matter Studio), located at 761 Indian Boundary Road (right by Third Coast Café). Orlee decided to open her own studio after moving to Chesterton and discovering that there were no barre classes around. The closest was in Chicago. Orlee had always dreamt of opening her own studio and now had



the opportunity to do something she loved, while bringing the women of NWI a fabulous total body workout.

Orlee grew up a dancer in Rockville, MD. She had the opportunity to train at the American Ballet Theatre and School of American Ballet in New York City. Once she started her career after college it became much more difficult for her to keep up with ballet and the healthy lifestyle she wanted. Then on a trip to New York, she discovered a barre class and was hooked.

M.O.M.s Method just opened on January 14th of this year. They offer a signature fitness technique melding the best from ballet, Pilates and barre formulated for all stages of a female's life. Set to upbeat music, each exercise series includes specialized movements coupled with complementary stretches to target individual muscle groups in the upper and lower body, ultimately resulting in a long lean physique. In addition, they encourage their clients to "be your best self." As Orlee puts it, "We're not trying to change who you are, instead we want to give every woman who walks through our door the confidence and ability to look and feel her best, make and meet attainable goals, and truly become the best that she can be- inside and out!"

Orlee and her family moved to their home on Tour Trace in January of 2013. Orlee and her husband, Chad, have two beautiful daughters, Lana, who is 4 and already a dancer, and Liza, who was just welcomed into the family in December. They also have a beagle, Ellie, who is 10 years old.

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