

Sage Hoover has a passion for wellness and living a healthy lifestyle. She has a background in dance & enjoys growing in fitness. Sage loves to workout while also having fun. In her personal routine, she is usually found mixing it up between weight training, step, & recently got ABT certified in Barre, so that she can share her love with others. When she's not teaching classes you may find her singing at top local restaurants & releasing her own music, as Sage Thomas. Sage loves to build people up & encourage others around her & is super excited to be apart of this new family at

TheStudioFit!!