

Executive Biography – Alyssa Beerger



Alyssa Beerger is the Co-Founder of REYA Barre & Yoga and a highly credentialed movement specialist with more than a decade of teaching experience in barre, Pilates, and yoga. Her interest in mindful training began during her studies at Loyola University New Orleans, where she first connected with movement classes to relieve daily stress. Her career began in 2012 at Twisters Wellness Centers, where she laid the foundation for her expertise in functional movement. Over the years, she expanded her teaching portfolio with roles at Lumos Yoga, SoulBeat Studio, and FS Investments.

Alyssa holds multiple advanced certifications, including Balanced Body Pilates Mat & Bar, Balanced Body Reformer Level 1, the Yoga Alliance 200-hour RYT credential, Physique 57 Barre Fundamentals, and Functional Range Conditioning (FRC) Mobility Specialist certification. Her depth of knowledge informs REYA's teaching methodology and ensures that the studio's programs emphasize safe, functional movement supported by strong anatomical understanding.

Outside of her work in the studio, Alyssa draws inspiration from her background as a lifelong musician. She studied Vocal Performance at Loyola University New Orleans, where she performed in the University Chorale, Vocal Chamber Ensemble, and Opera Workshop. Alyssa values time spent with her family and is committed to bringing creativity and balance into both her personal life and her leadership at REYA.