

FOR IMMEDIATE RELEASE

Physio Flows to Celebrate Grand Opening of New Centerville Clinical and Aerial Arts Facility on Oct. 3

Expanded Cross Pointe location brings physical therapy, massage therapy, nutrition counseling and a professionally rigged aerial studio together under one roof — with a focus on complex bodies, performers, inclusion and safety.

CENTERVILLE, Ohio — Sept. 24, 2026 — Physio Flows will celebrate the Grand Opening of its new Centerville location on Saturday, Oct. 3, bringing together individualized clinical care, performer-focused rehabilitation, nutrition and recovery services, and a purpose-built aerial and movement studio at 101 E Alex Bell Road, Suite 104A, in Cross Pointe Shopping Center.

The locally and woman-owned practice has moved and expanded from its previous Springboro location into a roughly 4,450-square-foot facility designed around a simple idea: healthcare, movement and performance work better when the whole person is considered.

Physio Flows provides licensed physical therapy, massage therapy and nutrition counseling alongside aerial and circus movement classes in a studio with approximately 20-foot ceilings and professional aerial rigging.

The studio is designed to welcome people who have never tried aerial arts before as well as experienced performers. Beginners are welcome, and instruction is built around progressive skill development, individual readiness and personal goals — not around whether someone fits a stereotypical image of what an aerialist or performer is supposed to look like.

The clinical and studio combination may be unusual, but founder Coryn Autore, PT, DPT, says that is intentional.

“A lot of the people who find us have bodies, goals or activities that do not fit neatly into a standard treatment protocol,” Autore said. “They may have persistent pain, hypermobility or EDS. They may be an aerialist, a dancer or a climber trying to get back to something very specific. We want to understand what they actually love doing, understand the whole body that has to do it, and build from there.”

For Bodies That Don't Fit the Textbook

Physio Flows has developed a particular reputation for working with people with hypermobility and Ehlers-Danlos syndrome, persistent and complex pain, recurring instability, and conditions or symptoms that may fluctuate from day to day.

Its clinical model is one-on-one and fee-for-service, allowing treatment decisions to be built around the individual rather than around predetermined insurance visit limits or a single isolated body part.

That can be especially important for performers and people whose activities place unusual demands on their bodies.

Aerialists and flow artists are a major part of the Physio Flows community, but the same movement-focused approach can apply to dancers, gymnasts, rock climbers, horseback riders and other athletes — as well as singers, musicians and other performers whose work depends on posture, breathing, endurance, mobility and highly specific body mechanics.

The goal is not simply to make a symptom disappear long enough to check a box.

Physio Flows has long described its work another way: **Getting You Back to What You Love.**

“Your goal might be getting through the workday without a flare,” Autore said. “Or it might be getting back onto a horse, climbing a wall, hanging from a lyra, performing on stage or simply trusting your own body again. Those are very different goals, and the care should reflect that.”

The practice also brings physical therapy, therapeutic massage and nutrition support together so recovery can be approached across multiple parts of a person's life when appropriate.

A Studio Built by Performers, for Performers

The new location also marks a major expansion of Physio Flows' aerial and movement programming.

The studio offers structured instruction in areas including aerial silks, lyra/hoop and other aerial apparatus, along with ground movement, conditioning and circus-related skills. Classes are structured to give new students a place to begin while providing experienced students opportunities to continue developing safely and progressively.

“Safety should not become important only after somebody gets hurt,” Autore said. “We want performers learning to recognize what good spotting looks like, what responsible progression looks like, what appropriate rigging looks

like and when it is appropriate to say, ‘No, this doesn’t feel right.’ Our goal is not only to create strong standards inside Physio Flows, but to help performers expect and advocate for them everywhere they train and perform.”

The facility was designed for aerial activity with professional-grade rigging, dedicated crash mats and safety equipment, structured equipment and rigging inspection practices, and small class sizes.

Physio Flows also maintains an Instructor Endorsement Program rather than treating teaching ability as a matter of certificates, popularity or performance skill alone. The program evaluates teaching readiness, communication, structured progression, safety awareness, positive body culture, inclusion and recognition of situations that should be referred outside the instructor’s scope. Instructor endorsement information can also be made publicly verifiable through the Physio Flows registry.

Inclusion Is Part of the Model

Physio Flows describes itself as LGBTQIA+ affirming, neurodivergent-welcoming and informed by the realities of hypermobility and complex health.

That approach applies on both sides of the business.

Clinical care emphasizes listening, consent, adaptable pacing and treatment plans that work in real life. Studio instructors are expected to use respectful, inclusive language, support positive body culture and recognize that physical, emotional and nervous-system safety all matter in a learning environment.

One phrase from Physio Flows’ culture has remained especially simple:

Come just as you are.

“We work with real humans in real bodies,” Autore said. “People should not have to hide who they are to get healthcare, learn something new or be part of a movement community.”

One Practice, Two Expressions

Physio Flows describes its model as “one practice, two expressions.”

On the clinical side are licensed healthcare services — physical therapy, massage therapy and nutrition counseling.

On the studio side are aerial and circus arts, conditioning, movement education and structured opportunities for people at different experience levels to learn, practice and develop their skills.

Connecting the two is a shared philosophy: understand the person, respect the body in front of you, progress intelligently and create an environment where high standards of safety and care are normal.

The new Centerville facility begins welcoming clinical clients in September. The Oct. 3 Grand Opening will formally introduce the expanded Physio Flows model to the greater Dayton-area community.

Grand Opening: Saturday, Oct. 3, 2026

Location: Physio Flows, 101 E Alex Bell Road, Suite 104A, Centerville, OH 45459

Grand Opening Hours: 10am – 6pm

Website: physioflows.com

Instagram: @physio.flows

Phone: 937-784-6452

About Physio Flows

Physio Flows is a Centerville, Ohio-based health, wellness and movement practice providing physical therapy, massage therapy, nutrition counseling and aerial/circus movement programming. Physio Flows focuses on individualized care for hypermobility, Ehlers-Danlos syndrome, persistent and complex pain, performers and people whose bodies or goals do not fit neatly into standard protocols. Its aerial studio welcomes beginners through experienced performers and combines structured skill development with performer-informed safety standards, professional rigging and an inclusive, community-focused environment.

Media Contact

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