

SocialHipper

Influencer Profile Report · Generated July 21, 2026

Flow Fitness

INSTAGRAM

@flowfitnessseattle United States, Seattle

?? Find Your Flow Studio Classes •Training •Open Gym ??Signature Class Formats FlowBarre•FF
Cycle•FlowFIT•Yoga ?SLU & Fremont #flowfitnessseattle

3,419	0	1,201	1.20%	0/100
FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

Category

Fitness

Growth History (Last 30 Days)

Date	Followers	Engagement Rate	Avg Likes	Avg Comments
May 18, 2026	3,408	1.23%	38	4
Jun 01, 2026	3,419	1.20%	38	3

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Video	Jun 01, 2026	31	5	0
Video	May 07, 2026	19	1	0
Image	May 06, 2026	12	1	0
Image	May 05, 2026	0	0	0

Type	Posted	Likes	Comments	Shares
Video	May 04, 2026	34	5	0
Carousel_album	Apr 29, 2026	47	5	0
Carousel_album	Apr 28, 2026	36	2	0
Video	Apr 17, 2026	17	2	0
Carousel_album	Apr 15, 2026	25	0	0
Video	Apr 04, 2026	15	2	0
Image	Mar 31, 2026	31	1	0
Video	Mar 30, 2026	44	11	0

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Data is based on publicly available information and may not reflect real-time metrics.