

STAFF PROFILES



Pilates Training/ Certifications: Stott Pilates: Pilates Mat, Reformer and V2Max, Injury and Special Populations (Scoliosis, Back Injury, Hip and Knee Injury, Shoulder/Rotator Cuff Rehabilitation, Pelvic Stabilization, Osteoporosis, Breast Rehabilitation, Stroke Rehabilitation) Strength and Balance, Golf Pilates, East West Yoga/Pilates: Classical Pilates Mat Body Harmonics: Advanced Anatomy
Additional Educational Background: Bachelor of Science: Special and Elementary Education. Master of Education: Adult Education. Diploma: Early Childhood Education for the Developmentally Handicapped. Certificates: Therapeutic Recreation and Education Inclusion Director of Social Services 20 years'



Pilates Training/ Certifications: Body Harmonics: Intensive Reformer and Diverse Populations (Shoulder /Rotator Cuff Rehabilitation, Hip and Knee Injury, Anatomy in Motion) KW Pilates: Pilates for Osteoporosis . East West Yoga/Pilates: Classical Pilates Mat (Basic, Essential, Intermediate and Advanced) CanFit Pro: Personal Training Certification
Additional Educational Background: Bachelor of Arts-History and French, Bachelor of Education-Second Language Specialist Master of Adult Education-Successful Aging, Diploma in International Education Administration Diploma in Museum and Gallery Administration



Pilates Training/ Certifications: Body Harmonics: Equipment Specialist, Stott Pilates: Essential, Intermediate, Advanced Mat and Reformer. Balanced Body: Workshops and Specialty courses.
Additional Training and Specialties: Special Populations and Pathologies (Scoliosis, Hip, Knee, Back Injuries, Osteoporosis,) Pilates for Men, Pre and Post Natal, Vertical Pilates. Strength and Balance, Master Teacher Instruction: Body Harmonics.
Additional Educational Background: Balanced Body: Master Instructor training - Paris, San Francisco, Montreal



Pilates Training/Certifications: East West Yoga/Pilates - Classical Pilates Mat, Therapeutic Yoga. Stott: Jump board, Flow, Pelvic Stability, Pilates Apparatus, Personal Trainer. Zumba: Zumba fitness 1 and 2, Zumba Gold, Aqua Zumba, Zumba Sentao, Strength Training.
Additional Educational Background: Bachelor of Commerce, Certified Financial Planner



Pilates Training/Certifications: Stott - Basic/ Essential/Intermediate Mat, Reformer and V2Max Injury and Special Populations (Osteoporosis, Back Injury, Knee Injury, Hip Injury, Rotator Cuff Injury, Scoliosis, MS, Stroke Rehabilitation, Pelvic Stabilization.) Strength and Balance
Can-Fit Pro: Personal Trainer
Additional Educational Background: Registered Nurse



Pilates Training/Certifications: Stott - Basic/ Esse Injury and Special Populations (Scoliosis, Back Injury, Hip and Knee Injury, Shoulder/Rotator Cuff Rehabilitation, Pelvic Stabilization, Osteoporosis, Breast Rehabilitation, Stroke Rehabilitation) Strength and Balance, Basic, Essential/Intermediate/Advanced Mat, Reformer, Cadillac Chair and Barrels.
Additional Educational Background: Bachelor of Arts, Business Management Certificate-Accounting Management.