

Catherine Kirsch

CERTIFIED PILATES INSTRUCTOR

Instructor Education & Certification:

BA Degree - Dance/Physical Education - San Francisco State University

MFA Degree - New York University/Tisch School of The Arts

Club One Certified Instructor

Romanas Pilates Trained & Certified Instructor



Instructor Specialization :

Beginner-Advanced Reformer Pilates

Beginner-Advanced Mat Pilates

Instructor Philosophy:

Workouts in the Pilates method of body conditioning are both fun and challenging. Learning the Pilates principles' means learning how to develop and strengthen the core. Learning to move from the center of the body applies to the Biomechanics of daily movement. Increased core-abdominal strength allows the spine to be supple and perpetuates flexibility in all the major muscle groups of the human body. The breath and flow of motion that facilitates the Pilates exercises is what makes each Pilates class a form of stress relief and increased mind-body-breath connection.



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