

Juliet

CERTIFIED PILATES INSTRUCTOR

Instructor Education/Certifications:

Certified Pilates Mat Instructor
Resist-A-Ball Certified from C.O.R.E.
IDEA Certified Aerobic Instructor
CPR certified

B.A. from Northwestern University, Evanston, IL
M.S for Northwestern University, Evanston, IL



Instructor Philosophy:

I teach Pilates as a healer & as a role model for anyone who wants to improve one's body, alignment, life & attitude. As a mind/body workout, Pilates allows one to work in a state of consciousness that drives 30% more benefit than someone who mindlessly works out, or who works out without the mind engaged. I strive to teach a client to keep one's mind engaged & learn to heal oneself by teaching techniques that can be taken outside the classroom and out into one's everyday life.

I believe that in every workout is an opportunity to learn a little bit more than one knew about oneself before walking in the classroom. This is exactly why I am so particular about the specifics of each exercise that I teach, and of the instructors with whom I choose to train. There is such great satisfaction in the work that I do when I hear the stories such as "I stand up taller because of you", "I used to be 5'3" and now I am 5'3 1/2", "My back doesn't hurt anymore, but when I don't come to your classes for 2-3 weeks, my back starts hurting again", and "I walk through my day with you in head reminding me to stand in alignment, engage & use my core, and pull my shoulders down and back".

I learn something new everyday, and I am passionate about everything that I do, or I don't do it! I am passionate about the ability to heal my body and to pass that knowledge along to others. In my years of experience, in both exercise training and business & sales management, I know there is a healthy way to do anything I choose to do. I hope I can pass that passion and desire for life/work balance along to all folks with whom I come in connect.

Addison-Penzak
JCC 
Silicon Valley
Levy Family Campus