

Debbie Honeycutt

CERTIFIED PILATES INSTRUCTOR

Instructor Education/Certifications:

Certified Health Fitness Specialist, American College of Sports Medicine
Certified Aerobics, Aqua Fitness, Personal Training, and Special Populations Instructor-East Bay Hayward, California University
Club One Stott Certified Pilates Reformer Instructor
CPR Certified
First Aid Certified

Instructor Specialization:

Gerontology
Special Populations
Aquatic Training
Strength Training
Balance and Coordination
Pilates Reformer

Instructor Philosophy:

I promote exercise as recreation-recreating the body through activity. I present life-extending opportunities through aerobics, aquatics, Gentle Pilates, strength training, and stress management. These assist in improving quality of living by maintaining vitality and continual independence. Empowerment results from regaining control of health and self-esteem. Rejuvenation and a sense of well-being usually occur. This will positively affect longevity.

