

Stacy Burnell

CERTIFIED PILATES INSTRUCTOR

Instructor Education & Certification:

MBA, Santa Clara University
Stott Pilates Coursework in Essential Pilates
NASM Personal Training Cert.
Certified Spinning Instructor
CPR



Instructor Philosophy:

I have always been passionate about fitness, coaching, and healthy living! I strive for continuous improvement in myself and those I coach. I am excited by the field of fitness and pledge to learn/try something new every day.

When you think about it, most movements originate from the core (or at least require that your core is stable). Pilates provides a philosophy and framework to help connect the mind and body in a way to promote both a strong and stable core and proper movement patterns - both of which are key in moving well. As your coach, I actively look for healthy posture and proper movement and will ask you to adjust or modify the exercise when necessary. By combining functional anatomy, pilates training, and years of fitness experience with active listening and coaching skills I strive to bring out the very best in each one of my unique clients.