

SUSAN EMPEY

CERTIFIED PILATES INSTRUCTOR



MY GOAL AS YOUR
PILATES INSTRUCTOR
IS TO PROVIDE YOU
WITH THE BEST
COMPREHENSIVE
WORKOUT YOU CAN
ACHIEVE EACH
SESSION!

Training Philosophy:

I have always had an interest in fitness and movement sciences, especially running where I have competed at all distances including half and full marathon. However, when I broke my leg and ankle in a skiing accident, I was unable to run for many months. That is when I turned to Pilates as my main form of exercise, and as a way to rehabilitate my injured leg. After personally experiencing many of the benefits of Pilates including - increased flexibility and strength, improved posture and balance, back/neck pain management, increased core strength, stress management and an overall sense of wellbeing – I was hooked, and decided to share my newfound enthusiasm and passion for Pilates with others by becoming an instructor. I am excited to share my love of Pilates with others, and am dedicated to motivating my clients to improve their bodies and lives through exercise movement and the mind body connection. As Joseph Pilates said, "Physical fitness is the first requisite of happiness."

Experience:

Mat Pilates Instructor- since 2008

Comprehensive Pilates Instructor- since 2012

Personal Trainer- since 2012

Spin Instructor- since 2015

Certifications:

- Comprehensive Balanced Body Pilates Instructor
- NASM Certified Personal Trainer
- NASM Women and Senior Fitness Specialist
- Keiser Spin Certification
- AFAA Group Exercise Instructor
- TRX Suspension Training

Education:

- B.S. in Business Management, Golden Gate University, San Francisco, CA

Interests:

Lifelong passion for exercise and enjoying the great outdoors, including - Pilates, spin, running, biking, hiking



**SAN MATEO
ATHLETIC CLUB**
AT
GOLF COURSE OF SAN MATEO

**MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM**