

MARCELLA PEEK

CERTIFIED PILATES INSTRUCTOR



Training Philosophy:

After injuring my foot in ballet, I went to Pilates because I heard it could help me heal. Not only did my foot improve, but I found that Pilates also helped with my lower back pain, improved my posture and increased the overall strength and flexibility of my body. I love how Pilates has challenged my body and mind with new and creative movements. I love to guide people to feel their best through the practice of Pilates and my goal at the end of each session is to have people feeling stronger, more flexible and relaxed. I'm here to help you get strong, fit, find your inner athlete and make you smile during your Pilates journey.

Experience:

Pilates Instructor– Since 2018

Certifications:

- Balanced Body Comprehensive Pilates Instructor
- CPR/AED

Education:

- B.A. Social Science, San Jose State University

Interests:

Reading good books, eating homemade cookies and creating in my quilting studio

MY GOAL AS
YOUR PILATES
INSTRUCTOR IS
TO HELP YOU
FIND EASE AND
JOY IN
MOVEMENT



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery