

SALLIE PORTER

CERTIFIED PILATES INSTRUCTOR



Training Philosophy:

I teach Pilates so that my clients can incorporate Pilates methods of movement into their everyday lives. I discovered Pilates 15 years ago when training for a triathlon. I found that by utilizing the body awareness that Pilates provides, my performance in all sports was enhanced tremendously. Now, as an avid swimmer, it's difficult for me to imagine how not to use Pilates concepts in every aspect of swimming. I design for my clients a customized approach to augment their training by helping them recruit deeper core muscles that will improve their sports performance through greater balance, flexibility and strength. Whether your goal is to gain speed or endurance in the water or on land, to work more efficiently and safely when lifting weights, or to rehab current or past injuries, Pilates is a great enhancement to your training.

Experience:

Pilates Instructor- since 2005

Pilates Studio Owner- Peninsula Pilates 2009-2017

Dry Land Trainer- Burlingame Aquatics Senior Elite Team 2014-2015

Certifications:

- ITT Pilates Certification

Education:

- B.A. in Physical Education with emphasis in Kinesiology at University of Arizona

Interests:

Swimming, Pilates, hiking with my dog, traveling with my husband and daughters

MY GOAL AS YOUR PILATES INSTRUCTOR IS TO HELP YOU MOVE MORE EFFICIENTLY WHILE PERFORMING IN TASKS AS SIMPLE AS WALKING THE DOG TO COMPETING IN A TRIATHLON.



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

MAKE THE INVESTMENT TO BE
FOCUSED IN YOUR TRAINING PROGRAM