

# GINNY HIBBS

CERTIFIED PILATES INSTRUCTOR

TIER 2



MY GOAL AS YOUR PILATES INSTRUCTOR IS TO HELP YOU MOVE, STRENGTHEN, AND STRETCH THE FORGOTTEN BUT FAITHFUL PARTS. THEY DESERVE THE ATTENTION

## Training Philosophy

I love introducing people to Pilates! I got hooked on Pilates about ten years ago in a gym mat Pilates class. Over time I saw the results of those workouts, I became stronger and more toned all over and my flexibility and posture improved immensely. I had suffered back pain but the core strength I gained through Pilates has made that a rare occurrence. Once I had the opportunity to work with the Studio equipment there was no stopping my excitement for what Pilates could do. Now I'm focused on helping others see the improvements they can make. Because of my health care background with women, I am especially excited to share the positive outcomes one can gain from Pilates before and after childbirth. The comparison of labor to a marathon is very realistic, women who prepare their bodies and minds for the process of childbirth demonstrate endurance and regain their strength, energy and body. Pilates can help that happen!

## Experience

Pilates Instructor— Since 2012

## Certifications

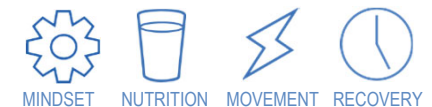
- Balanced Body Comprehensive Instructor
- Pre-Natal Post-Natal Pilates The Center for Women's Fitness
- CPR/AED

## Education

- B.S. in Nursing, Arizona State University

## Interests

Road Cycling, Pilates, Nutrition, Edible Gardening



MINDSET NUTRITION MOVEMENT RECOVERY