

## Education & Certifications:

- \* B.A. in Communication
- \* ACE - Certified Group Fitness Instructor
- \* Peak Pilates - Certified Reformer Instructor
- \* Synergy System - Certified Mat Instructor
- \* YMCA of the USA - Certified Fitness Specialist
- \* YMCA of the USA - Certified Strength and Conditioning
- \* CPR/AED/First Aid

## Training Philosophy:

With over 28 years in the health and wellness field, my philosophies have understandably changed with maturity, experience, and education. My goal is to simply help people find the joy in moving their bodies and learn to tune-in to their bodies. We are designed to move and to be active, helping people discover that for themselves is truly gratifying.

## Training Specialties:

- \* Pilates Reformer
- \* Pilates Mat
- \* Yoga/Yogalates
- \* Strength Training
- \* Swiss ball
- \* Active Older Adults Fitness

## Interests & Hobbies:

Reading, hiking, camping, time spent with friends and husband.



**ERIE**  
COMMUNITY  
CENTER

# PILATES REFORMER



# TERRY SWEENEY

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