

Education & Certifications

- * B.A. Communication
- * ACE Certified Group Fitness Instructor
- * ACE Certified Personal Trainer
- * Training in Pilates Reformer through Stott, Balanced Body, and Peak
- * Synergy System Certified Mat Instructor
- * 250 Hour Yoga Teacher Certification
- * CPR/AED/First Aid Certified

Training Philosophy

With over 40 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:

- * Active Older Adult Fitness
- * Pilates Mat
- * Pilates Reformer
- * Strength Training
- * Swiss ball
- * Yoga / Yogaletes

Interests & Hobbies

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



PILATES REFORMER



Terry Sweeney

Here to...

Help you reach
your fitness and wellness goals!

Visit Guest Service for pricing and
registration information.