

PILATES INSTRUCTOR

MARIAH SPALDING

Degree and Certification:

- B.S. Health and Exercise Science, Colorado State University
- Body Arts and Science International (BASI) Comprehensive Pilates Certification
- Pre and Post Natal Pilates Specialist Certification, The Center for Women's Fitness

After many years as a gymnast and cheerleader, I was suffering from severe low back pain that was not resolved from physical therapy, chiropractic or other methods. In 2005, I was introduced to the Pilates Method and instantly connected. After feeling the effects of Pilates first hand and becoming pain free, I began my journey to become a certified Pilates Instructor. I studied the Comprehensive Teacher Training Course from the internationally renowned BASI (Body Arts and Science International).

My certification process began in 2007 where I began teaching and expanded a Pilates studio at a health and fitness center. After relocating back to the Front Range, I have had the opportunity to teach at Pilates studios in Denver and Fort Collins.

My goal is to educate my students and lead them in attaining life-long health benefits using Pilates as both a mind and body exercise. I focus on the basic principles of Pilates and aim to make each session unique, fun and challenging. I continue to grow in the infinite world of Pilates with continuing education workshops and courses. I truly believe Pilates can enhance everyone's quality of life.

My other love is my 2-year old daughter, who brings complete joy and happiness to my life. I am in my 5th year coaching the Rocky Mountain High School Cheerleaders, their energy, passion and spirit inspire me to be a better teacher and coach.

