

# PILATES INSTRUCTOR SIENNA FRY

## **Degree and Certification:**

- Bachelors of Science in Kinesiology from California State University, Chico
- Pilates Method Alliance Certified Instructor

I was inspired to try Pilates while searching for a way to cross train for rock climbing. Almost immediately, I was blown away by the powerful mind-body connection Pilates enabled me to develop, not to mention the dramatic improvement in my climbing and skiing skills!

I attended California State University, Chico and have a B.S. in Kinesiology, focusing in Outdoor Education. I obtained my comprehensive Pilates Teacher certification from Alison Franco Pilates in Lake Tahoe, and am a Certified Pilate Teacher by the Pilates Method Alliance.

For five years, I was a seasonal nomad-spending winters teaching skiing in Tahoe and summers in Leadville as a mountain guide. Pilates has been a constant source of strength and centering in an otherwise unpredictable life. I am passionate about applying the principles of Pilates to my everyday life, no matter where I am or what I'm doing. My favorite part of teaching is helping others set goals and work towards achieving them-those breakthroughs are unbelievable!

