

## PILATES INSTRUCTOR

# MINECA RIGGS

### **Degree and Certification:**

- Doctor of Physical Therapy, Pacific University Oregon
- Polestar Pilates Rehab Practitioner
- Pilates Method Alliance Certified Pilates Teacher

My Pilates experience began prior to Physical Therapy School. With a background in dance, I enjoyed the precision of movement and combination of strengthening and lengthening which is a perfect companion to linear sports like running and cycling. Pilates has greatly improved my own physical imbalances and fully relieved aches and pains that plagued me for years.

I chose the Polestar Comprehensive Rehabilitation Training program because it was designed by a Physical Therapist, is evidence-based and focused on rehabilitation. I often use pilates principles in my physical therapy practice.

As an instructor at Raintree Athletic Club, my goal is to provide students with increased body awareness and tools they can use everyday to prevent injuries and move and live pain-free.

I relocated to Colorado from Oregon several years ago. I am so enjoying exploring the Colorado mountain playground with my husband, Jeff, and fur baby Phoebe-Dog.

