

## Karin Spencer

### **Introduction:**

I began teaching movement thirty years ago as an ACE certified group fitness instructor and ACE Gold certified personal trainer. I deepened my teaching skills through graduate and advanced graduate study in teaching and learning and special education. Years of competitive gymnastics and running laid the foundation for my love of movement. While building a career as a teacher, teacher educator, and education administrator, I explored movement through multi-sport competitions and practicing the Pilates method. I connected and benefited from the dynamic, mindful, and integrated approach of Pilates. A natural evolution was to pursue it deeply as a student and teacher; my teacher training program was *uplifting!* **My mission is to pay it forward by helping all bodies find joy in movement to increase their physical and mental wellbeing.**



### **Qualifications:**

National Certified Pilates Teacher, NCPT  
American Council for Exercise, Group Fitness Instructor, ACE-GFI  
Road Runners Club of America, Certified Coach (RRCA)  
Precision Nutrition Coach (Pn1)  
Barre Intensity® Certified Instructor  
CPR and AED Certification

### **Experience:**

I have enjoyed leading group fitness instruction in boutique studios and health clubs, providing personal training in homes, and providing both group and individual Pilates instruction. I have worked with a wide range of clients such as aspiring college athletes, equestrians, busy moms, and seniors. I developed national trainings for teachers/trainers supporting youth physical activity. I continue to learn, attending seminars with a current focus on Pilates and wellbeing.

### **Specialties:**

I couple my experience and knowledge as both an educator/ teacher educator and movement specialist to help people achieve wellness through movement. I work closely with clients to assess body mechanics and movement patterns to meet you where you are as you progress towards your fitness goals. I especially enjoy providing private Pilates lessons, personalized instruction designed to meet your needs and goals to understand what is happening in your body. You will learn how to move and engage your muscles deeply, effectively, and efficiently.