

# Pilates Trainers

Meet our Professional Staff

## Alice Rime

Alice has been in the fitness industry for 30 years. She has developed a love for the outdoors and has participated in triathlons, cycling and running events in past years. Her favorite part of being involved in the fitness industry is watching the participants grow stronger mentally and physically. She has acquired Pilates certifications through Balanced Body and Leslie Bender. In addition, she is certified with the Athletics and Fitness Association of America and ACE, as well as TRX and Zumba certified. She teaches various class formats which include Pilates Reformer, Strength Training, Core Fitness, Boot Camp, Circuit/Interval, Step, Pilates and Zumba.

Contact Alice:

(707) 975-1542 or [alicer@airportclub.com](mailto:alicer@airportclub.com)

## Amy Wagner

Amy is a firm believer in the core principles of Pilates and incorporates these principles in her teachings; which are dynamic and challenging yet safe for all levels of participants. Pilates has enlightened every aspect of Amy's life by increasing the connection of mind, body and breath. She adores working with others in the hopes of helping them live a healthier and more fulfilled lifestyle. Amy fell in love with Pilates ten years ago and has been practicing religiously ever since. In 2015 Amy became a certified Pilates Mat Instructor through the TONE Pilates teacher training program. She received her Balanced Body Reformer certification under the instruction of the Airport Club's very own, Gwen Miller. She looks forward to sharing and continuing her journey alongside you.

Contact Amy:

(707) 799-9576 or [amyw@airportclub.com](mailto:amyw@airportclub.com)

## Colleen Bent

Colleen is Pilates Mat Certified by Physical Mind Institute and Pilates Equipment Certified trained by internationally recognized Master Teacher Madeline Black. Colleen is also a certified massage therapist from Sonoma Institute of Massage and Spa Services. Colleen has been teaching Pilates for many years and ballet for over 25 years working with young children and adults. She brings an instinctive knowledge of human movement to her work and specializes in functional body mechanics.

Contact Colleen:

(707)548-1077 or [colleenb@airportclub.com](mailto:colleenb@airportclub.com)

## Erin Buchanan

Erin marries her love for Pilates and her 20+ years of experience as a registered nurse to promote health, wellbeing, and functionality in everyday life. She has been a fitness nut for over 25 years with experience in most all forms of exercise, but she found her true passion when she started doing Pilates 13 years ago. She is Balanced Body trained in Mat and all apparatus. Erin delights in helping others feel better and be more functional in their bodies.

Contact Erin:

[erinb@airportclub.com](mailto:erinb@airportclub.com)

## Gwen Miller

Gwen is a Hendrickson Method ® Practitioner, C.H.E.K Practitioner III, and Master Pilates Instructor and Pilates teacher trainer as a faculty member for Balanced Body ® Education. She is a Yoga Therapist certified by the International Association of Yoga Therapists. Gwen's background gives her a unique perspective on bringing changes of the body back to an improved alignment. She utilizes a combination manual therapy and exercise for pain relief and improved function. Her advanced certifications qualify her to work with spinal pathologies. She is one of only three Authorized Master Scolio-Pilates® Teachers worldwide, and is Yoga for Scoliosis® Teacher Trainer certified. Gwen teaches Contemporary Pilates Mat classes, using a variety of small apparatus to enhance the experience of her students. Her teaching style is fluid, inclusive, and welcoming to all students. She enjoys her family and multiple rescued pets in her time off, and continually advances her expertise through study and research.

Contact Gwen:

(707)486-5642 or [gwenm@airportclub.com](mailto:gwenm@airportclub.com)

## Michael Melchor

Michael has been a Personal Trainer since graduating from U.C Santa Barbara in 2004. He has earned multiple nationally recognized certificates including NASM, AFAA and ACE, and specializes in post-rehabilitative and preventative exercise programming. During the summer months he enjoys backpacking, hiking and almost any activity that is in or around water.

Contact Michael:

(707) 521-2436 [michaelm@airportclub.com](mailto:michaelm@airportclub.com)

## Sarah O'Donnell

Sarah fell in love with pilates while serving as an Officer in the Navy but really saw the power of pilates while utilizing it solely to rehab after bilateral knee surgeries. She left the military and corporate world to pursue her passion for pilates and help others gain the strength, flexibility and endurance to live their best life. She is Stott Pilates Matwork and Reformer certified and has a Bachelor of Science from Cal Poly San Luis Obispo.

Contact Sarah:

[sarao@airportclub.com](mailto:sarao@airportclub.com)

## Whitney McMicking

Whitney McMicking is a NASM certified Personal Trainer, a Balanced Body certified Pilates Instructor and is certified in TRX Suspension Training. She studied Kinesiology at Sonoma State University, emphasizing in exercise science. Her knowledge of proper biomechanics and exercise physiology allow her to create a safe, fun and effective workout. She is passionate about motivating clients in their sweaty pursuits.

Contact Whitney:

(707)483-3327 or [whitneym@airportclub.com](mailto:whitneym@airportclub.com)



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Airport Health Club

# Pilates

## **Pilates is:**

- Mindful, controlled movement that results in increased strength, length and flexibility.
- Intense focus on the core muscles and torso that produces improved posture and balance.
- Approaching the body as an integrated whole, using only the muscles required to produce a given movement.
- Pilates workouts can be as mild or intense as you want.
- Pilates offers sports-specific training to improve skills, technique, flexibility and alignment.

## **Pilates might be for you if you:**

- Want to expand your current workout.
- Are looking for a combination of strength and flexibility in your workout.
- Want to strengthen your back and abdominal muscles.
- Have back pain, postural problems or joint pain.
- Have osteoporosis.
- Are pregnant or have just given birth.
- Want to feel stronger and more flexible.
- Want to take your body to new limits!

# Group Personal Training

*In the Pilates Studio*

**Please see flyers for latest Group Personal Training activities or contact:**

*Sue Freyer, Fitness and Wellness Director  
Suef@airportclub.com or (707) 521-2491*



*Members need to be cleared to use the reformers by an AHC Pilates Instructor. The number of sessions necessary varies person to person. Fit Options can be used for Pilates on the reformer.*

# Our Fees

## **30-Minute Private Sessions:**

½ hour private session	\$48.00
4 ½ hour private sessions	\$186.00
8 ½ hour private sessions	\$355.00
12 ½ hour private sessions	\$506.00
20 ½ hour private sessions	\$778.00

## **One-Hour Private Sessions:**

1 hour private session	\$69.00
4 private sessions	\$268.00
8 private sessions	\$510.00
12 private sessions	\$726.00
20 private sessions	\$1125.00

## **Semi-Private Sessions (2 people):**

½ hour semi-private session	\$25.00
1 hour semi-private session	\$35.00

(price is per person)

**\*Packages can be purchased in any quantity. Same price/session**

## **Group Personal Training**

Our fitness trainers are experienced in how to maximize your workout in a group. Our teams range from a minimum of three to a maximum of eight participants. Have fun, work out and meet new people.

## **Group Personal Training (3-8 people):**

½ hour session	\$14.00
45-minute session	\$20.00
1 hour session	\$25.00

(price is per person)

**All fees quoted above are per person**