

Theresa Forbes, STOTT Trained Pilates Instructor

Theresa has a B.A. in Education from Simpson College. Before deciding to stay home with her children she had a 15 year career in developing, training and implementing adult education programs. After several years of staying home to raise her girls, her passion for Pilates led her to seek a career in the industry. She has personally experienced the benefits of Pilates and truly enjoys helping others of all levels seek their physical goals. She is STOTT trained in Mat, Reformer and Chair. She is always striving to continue her education to challenge herself and clients.