

Cynthia Richard, Stott Trained Pilates Instructor

Cynthia took her first Pilates class after the birth of her third child and was hooked! She loved how it strengthened and lengthened the body, & cleared the mind! Cynthia began teaching Pilates Mat classes about 12 years ago and continued to add additional mind-body trainings. She is a Stott trained instructor in mat & Pilates reformer, chair, Cadillac, and barrel. She is also barre trained and a yoga RYT-200. Cynthia now enjoys sharing her passion of mind-body movements with others to help them achieve their fitness goals.

"Pilates is the complete coordination of mind, body & spirit."

Joseph Pilates