

Canadian Master Trainer for Pilates Coach



Kathleen Maier
Owner / Wellness Director

Kathleen Maier, Co-owner of Only Women's Fitness & fitQuest Management Consulting has been involved in the fitness industry for 13 years, and has owned and operated her Wellness Centre for over 10 years. She is also the Aerobics Director for the University of Lethbridge. Kathleen offers continuing education credits through AFCLA & holds many certifications & workshops including Public speaking, Rehabilitation, Personal Training, Group instructor training, Bosu, Sport Excelled training, Keiser & Trixter Cycling, Pilates, Reebok Step and Yoga.

Kathleen has been a National Aerobics Competitor and competed in Ms. Fitness Canada, placing 3rd runner up. She was highlighted in a feature story in Muscle Magazine International as a top placing competitor. Along with her fitness achievements she is a Certified Public Speaker, Past President for the Executive Women's International Lethbridge chapter—a world wide organization dedicated to the advancement & growth of women. Kathleen is a local, national & international presenter on a wide variety of topics and is a Super Trainer for Club Management Systems, a world wide consulting firm dedicated to supporting independent club owners, through systems. Recently she became a Pilates Master Trainer offering Certification courses through Balance Body and Pilates Coach. Her enthusiasm & positive thinking are infectious which keeps her inspiring those who meet her.

PILATES COACH MAT WITH A SMALL STABILITY BALL LEVEL I CERTIFICATION.

This course offers the basic fundamentals in mat training utilizing a small stability ball for modifications and variations. This course is perfect for the fitness professional just getting started in Pilates training. Course includes a small ball and manual and comprehensive exam. Also included all of the necessary tools for a postural analysis, pre-Pilates and mat fundamentals. Prerequisite national certification in the fitness industry. Two day class.

REFORMER I BASIC TRAINING CERTIFICATION LEVEL I

This course is the beginning of reformer training for fitness professionals. Featuring, reformer safety functions and applications for the healthy population. This course is perfect for the health club that is planning the addition of reformers into their programming. Learn all the necessary beginning level exercises to teach group or private classes. Learn the importance of correct alignment and the bio-mechanics of all the exercises. Learn how to market and sell a successful program. Prerequisite certification in mat by a credited organization. Four day class.

Other Continuing Education Programs:

Professional Aerobics Training Course
State of Mind—Team building
Goal Building
Big Ideas for small budgets
Swinging with Pilates (Golf Training)
Progressive fitness Pilates
Pilaga—fusion of Pilates and Yoga
Kidlates
Dance Party
kardio KickBox
Aqua KickBox
Cycling trix
We be Jammin'
Why Weight
Lifestyle Mapping
more available on request.

fitQuest Management Consulting
Available for Keynote Speaking
Workshops / Lectures
Contact for Pricing

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PILATES

NOURISH YOUR MIND

REBUILD YOUR BODY

REFRESH YOUR SPIRIT

For individuals desiring a complete balance of the Body, Mind & Spirit. fitQuest Pilates teaches a progressive approach using fundamental concepts & principles of Joseph Pilates original works.

“If there is Pain,
there is no gain”.

Joseph Pilates

What is Pilates? (Pi.lah.tees)

Pilates Method was developed in the early 20th century by Joseph Pilates as a low-impact exercise regime.



The Pilates method is comprised of controlled, precise movements to lengthen and strengthen the muscles of the entire body.

Joseph Pilates at age 57 (1937)

“Since we are all living in this modern age, we must, out of necessity devote more time and more thought to the important matter of acquiring physical fitness”.

Joseph Pilates



New! The Balance Body Allegro Tower of Power Reformer

It's a reformer, a half-trapeze and a mat. All in the compact foot print of a Allegro Reformer. Used by top Pro Athletes and Sports Teams.



Options...

Private Session in Reformer or Mat

Comprehensive sessions, tailored to your individual needs, abilities & goals.



This program will address injuries, imbalances, pain, tightness and as well any aesthetic concerns.

Semi-Private you will share with another Individual with a similar fitness level.

Small Group Mat / Circuit

Classes are small for personalized attention to detail and form. Prior experience individual sessions and permission of a teacher is required. Drop in available.



When should I arrive?

Please arrive 10 to 15 minutes prior to your session to warm up.

What do I wear?

Wear exercise clothing which is comfortable, clothing should not be too loose so that your trainer can observe & help you execute the positions properly.

Strict cancellation policy of 24 hours notice. If within 24 hours you will be charged the full session price. To secure your 1st appointment, payment is required in advance.

“In 10 sessions you’ll feel the difference, in 20 sessions you’ll see the difference, and in 30 sessions you’ll have a different body”
Joseph Pilates



What are the Benefits:

- Improve posture
- Improve circulation
- Increase strength & flexibility
- Restoring muscle balance & Self confidence
- Better balance & coordination
- Mind / Body awareness
- Concentration / Focus
- Prevents Injuries
- Holistic Balance

Develops a strong core

building on the principles of Joseph Pilates, which develops a strong “core” or centre of the body. The core consists of the deep abdominal muscles along with the muscles closest to the spine. Pilates exercises develop core control, integrating the trunk, pelvis and shoulder girdle. No other exercise system is so gentle to your body while giving it a challenging workout. Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing.



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