

Peak Pilates® Senior Master Instructor, Mentor and Leadership Team Member, Rocío Carceles | Barcelona, Spain



Why did you start taking Pilates classes?

I always was interested in new fitness trends, I found Pilates when I was pregnant in 2000 and I decided give it a try.

What inspired you to become a Certified Peak Pilates Instructor and then a Peak Pilates Master Instructor?

I had achieved a different Pilates certification and had been teaching a course to instructors in Spain in 2003. I love to teach professionals.

What do you love about teaching Pilates classes?

To see how Pilates can transform the body.

What is your favorite apparatus?

The [Chair](#)

What makes Pilates such a great workout?

Pilates is adaptable to anyone at any fitness level.

Share a memory from your experience as a teacher/coach/presenter that embodies the value of being a Certified Peak Pilates Instructor or Peak Pilates Master Instructor?

A lot of our certified instructors want to be Master Instructors. That means that we inspire them with our work.

What's one of your favorite motivational quotes?

"People will forget what you say, People will forget what you do, people will never forget HOW you make them feel."

Do you have a hero in the Pilates community, someone who deserves recognition for their leadership?

Yes, Lolita San Miguel.



General Biographical information:

Degree in Physical Sciences in Sports and Health, 1991, Second place in the Spanish National Championship Aerobic 1996

List relevant professional certifications in health and fitness (define acronyms):

Personal Trainer, 1992 INEF, Fit Ball Trainer ,1994 Dalter

What year did you join the Peak Pilates Master

Instructor Team?

2004

Where do you teach Pilates classes and/or Pilates Certifications/ Continuing Education workshops:

In my studio: "PILATES GAVÀ MAR-STUDIO ROCIO CÁRCELES" C/
TALLINAIRES 47.49,
STUDIO 10 -11, GAVÀ , Barcelona, Spain

Learn more about our Master Instructor team and [subscribe](#) to
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