

# 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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