

Ingrid James

Hi, I'm Ingrid. I have been a personal trainer for over two decades and a Pilates teacher for 18 years.

I have always had a strong passion for movement, exercise and an active healthy lifestyle. My roots lie in contemporary dance. I fell in love with pilates while studying a Bachelor of Arts majoring in Dance at the University of Adelaide in the late 90's. I then decided to learn more in the world of movement and completed my Certificate 3 & 4 in Fitness. In 2007 I completed my full pilates teacher training in mat and equipment through the Australian Pilates Method Association.

I have always had a keen eye for good posture, safe and effective movement and technique. Since 2004 I've worked in a number of gyms, pilates studios, osteopathy clinics and teaching corporate pilates classes.

As a mum I keep active with 2 soccer players, walking, swimming and keeping strong in the gym and pilates studio. I work closely with my clients through their personal goals, strength and movement needs and aim to improve any niggles and aches so that they can move better in daily life.

My sessions are 1 hour and I incorporate strength training, pilates mat, balance, stability and mobility exercises into my sessions. You will finish the session feeling good, strong and with an increased mood and energy.

Qualifications

BA(Dance)(Honours)Degree

Certificate III & IV In Fitness

Master trainer

Pilates Mat and Equipment APMA

First Aid & CPR

Nutrition- Smartshape

Services

Initial postural assessment

One on One sessions (1 hr) & Duo's (1 hr)

Strength Training

Pilates

Exercise rehabilitation

Pre and post natal

Stretch