

farnhampilates



Hannah Epps is a level 3 CYQ qualified Pilates Instructor and Pure Stretch Instructor. She is currently training for the Pilates Equipment Course. She is passionate about Pilates, body alignment, muscles testing and core strengthening. She was previously a Senior Marketing and Sales Manager, with an MA in Marketing, of a successful leisure centre looking after a budget of £35,000 and 20 members of staff. Since running her own studio and classes under "Farnham Pilates and Wellbeing" for over 10 years she has retained many of the same clients who believe her commitment to their wellbeing has helped them remain pain free with any previous injury, joint or back issue and due to her love and concern of their body, help them achieve and inspire them to do the right things.

She was previously a ballet dancer so loves the Pilates balance and flowing movements. She uses her dance and movement knowledge to examine everyone's posture and how they move to help them stay pain free. She works closely with local physiotherapists and osteopaths who refer clients to her as they trust her methods and caring manner. Her original Pilates qualification was in 2005 when pregnant with her 2nd child and she loved it so much she gave up managing to teach classes for her local community.

She is a busy mum and runs over 20 classes and workshops, for children and ladies, from injury, sport specific training, postnatal to sexy seniors. Classes range from mat to one to one equipment sessions and she has online clients and videos used worldwide. She recently started a successful online 6 week programme called "Yummy Tummy Rescue Programme" for postnatal and perimenopausal ladies to help engage their core and particularly help resolve a rectus diastasis. She writes health and fitness articles for local and fitness magazines and won "Best Pilates Teacher of the Year in 2014" for Handpicked therapists in Surrey and Hampshire - a networking group. She has been asked to speak for local radio and for WIFE -Women in Fitness Empowerment in September to inspire instructors to reach for their dreams and not give up.

She is going to launch her new studio soon as she luckily married a builder who is building her dream studio for Pilates mat & equipment classes and soon hot Pilates and Barre classes from September 2015. Hannah loves adventures and recently enjoyed a holiday in Thailand with the family and has started ballroom dance classes with her husband from which they entered Strictly Come Dancing for a local charity and raised over £2000.