



OAC PERSONAL TRAINER



Angie Reimer

Private Pilates Trainer

Contact Angie at personaltraining@oxfordathleticclub.com

Experience

Comprehensive Peak Pilates Certification
Pilates Instructor since 2004
PEAK Pilates Training Systems Level I, II, III
PEAK Barrel Level I & II
PEAK Chair Level I & II
PEAK Pilates MVe Fitness Chair
Super Advanced Reformer
Super Advanced Cadillac
Bachelor of Arts, Duquesne University

Specializations

Experience with many special populations including Athletes, Runners and Special Populations for Rehabilitation, Arthritis, Multiple Sclerosis
Work with professional athletes
Runners
Cyclists
Athletes
Dancers