



Pamela
SEQUERA

PILATES INSTRUCTOR
SPORT COACH

WORK EXPERIENCE

Anima Pilates Studio - Pilates Instructor

2024 - Current

Covering the night shift of seven reformers, one chair and one half tower.

Club Hipocampo - Pilates Instructor

2023 - 2024

Covering morning shift, three reformers, one chair, and one cadillac. Doing rehabilitation and older adults.

Neumann Pilates - Pilates Instructor

2017 - 2020

My first job with pilates. I started as a substitute and leading classes with 5 reformers.

Independent - Pilates Instructor

2021 - 2023

During the pandemic I taught remotely. Then independently in my own pilates reformer studio. Very personalized.

CONTACT

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ABOUT ME

I have been a fitness, nutritionist, and Pilates professional for 10 years. providing an excellence service, vocation and passion to my students.

EDUCATION

Sport Nutritionist - ISFC

2020/2022

International Sport Coach/
CEEFF

2017/2018

Pilates Instructor / CIMA
Institute

2016 - 2017

LANGUAGES

SPANISH

ENGLISH