

ISABELLE HANSEN

Pilates & Mobility Instructor | Kinesiology Student (BCAK-in-progress)
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Pilates and mobility instructor with 25+ years in health & fitness, currently completing a Post Degree Diploma in Kinesiology toward BCAK Registered Kinesiologist status. Comprehensive STOTT Pilates certification and NSCA Strength & Conditioning (Special Populations) in progress.

CERTIFICATIONS

STOTT Pilates - Advanced Mat - Advanced Reformer - Intensive Stability Chair Yoga Alliance 500hr RYT - Aerial - Yin & Restorative	Functional Anatomy - Strength & Conditioning - Functional Assessment - Kinstretch - Functional Range Conditioning Coaching - NCCP – Olympic Weightlifting - CANSI XC Skiing	Fitness - CSEP Personal Training - CFES Group Fitness
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CORE SKILLS

Physical Assessments - Postural Assessment - Functional Range Assessment - Athletic Injury Assessment Program Design - Strength & Conditioning - Mobility Training - Active Recovery	Interpersonal - Emotional Maturity & Resilience - Non-Violent Crisis Intervention Business & Marketing - Leadership & Development - Website Design - Digital Marketing
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EDUCATION

- Project Management Certificate (2027)**
- Post Degree Diploma, Kinesiology**
In progress — toward BCAK Registered Kinesiologist
- Bachelor of Physical Education & Coaching**
Douglas College, BC
- Diploma in Business**
- Diploma in Sports Science**

PROFESSIONAL EXPERIENCE — INSTRUCTION

Mobility & Functional Strength Coach Elysian Health (multidisciplinary clinic), BC	2026 – Present
Reformer Pilates Instructor Club Pilates, New Westminster, BC	May 2026 – Present
Yoga Flow Instructor Big White, BC	2015 – 2017
Restorative Yoga & Kids Yoga City of Vernon, BC	2014
Group Fitness — Strength, Step, Kick, Ride, Core SHE'S FIT, Burnaby & Coquitlam, BC	2005 – 2009
Personal Training & Cycling Bally's Fitness, Toronto, ON	2000 – 2002

NORDIC SKI COACH

Nickel Plate Nordic Centre, Apex Mountain, Penticton, BC	2018 – 2019
Big White Mountain Resort, Kelowna, BC	2015 – 2017
Sovereign Lakes & SilverStar Mountain Resort, Vernon, BC	2014 – 2015
Grouse Mountain, North Vancouver, BC	2009 – 2010

MANAGEMENT & LEADERSHIP

Restaurant Management — Naramata Inn, Naramata, BC	2024 – 2025
Children's Recreation Programs — YMCA, Kelowna, BC	2015 – 2017
Fitness Management — Gold's Gym BC, Vancouver, BC	2009 – 2013

CHILDREN & YOUTH

Children's Therapy Assistant, Autism Intervention — OSNS, Penticton, BC	2018 – 2022
Physical Therapy Assistant — Vernon, BC	2014
Youth Recreation — City of Surrey, BC	2007 – 2009

PRACTICUMS

Recent		Former	
Kinesiology — Orthoquest, Kelowna, BC	2026	Olympic Weightlifting, Vancouver, BC	2012
Reformer Pilates — MoveWell, Kelowna, BC	2026	Guide, Visually Impaired Olympic XC Skiers, Vancouver, BC	2010
Strength & Conditioning — Dynamo Athletics, Penticton, BC	2026	Sports Conditioning — Badminton BC, Lower Mainland, BC	2009
Athletic Therapy — POND Performance, Penticton, BC	2025	Physical Education — Elementary Schools, Lower Mainland, BC	2007 – 2008
Mat Pilates — The Studio by PURE, Penticton, BC	2025		