

City of Doral Parks & Recreation
RECREATION & FITNESS PROGRAM PROPOSAL FORM

Individuals or companies interested in proposing their programs and services to offer in City Parks & Facilities must complete and return this form attached to the Request for Proposal.

Program Name:

PILAFIT

Instructor/Company Name:

Pilafit LLC

1. Program Description

Description should include description of the program and details such as: participant ages, number of times program is offered (weekly/monthly), time of program (morning, afternoon, evening, weekends), materials to be provided by instructor/participant.

Pilafit offers a wide range of Pilates and fitness classes designed to foster a strong sense of community while providing a holistic wellness experience. With a deep understanding of the local market, we tailor our offerings to meet the unique needs of Doral residents. Our Open Level Fusion Flow Pilates experience gives our members access to a diverse range of exercises and movements not commonly found in other Pilates studios in Doral. We also offer classes in Spanish, ensuring we can accommodate Doral's vibrant Hispanic community.

Our program caters to individuals aged 18 to 70, attracting a broad demographic including fitness enthusiasts, those seeking rehabilitation (such as prenatal and postnatal clients), and individuals looking to improve their overall well-being through Pilates and fitness.

We offer a monthly program with 12 evening classes during the weekdays. Below is a breakdown of the classes included:

Pilates-Flow

This transformative mat-based workout is designed to enhance spinal health and flexibility. By focusing on the articulation of each spinal segment, it promotes fluid movement in all directions—flexion, extension, lateral bending, and rotation. Pilates-Flow not only strengthens the core but ensures balanced, comprehensive spinal mobility, leaving participants feeling aligned, rejuvenated, and energized.

Pilates-Sculpt

A dynamic, full-body workout that sculpts the body using a variety of props and accessories. Pilates-Sculpt combines both contemporary and classical Pilates principles to tone muscles, improve flexibility, and build strength. This class increases calorie burn and muscle engagement, providing a fun and challenging experience. Ideal for those looking to shape and tone their physique while having a great time.

Program Description Continued

Pilates-Fit

This high-intensity class combines the benefits of HIIT (high-intensity interval training) with the precision of Pilates. Using weights and other props, Pilates-Fit focuses on building strength and muscle development through targeted exercises. It boosts flexibility and accelerates calorie burn, delivering a powerful full-body workout. Perfect for those looking to sculpt their body and increase overall fitness.

At Pilafit, we are committed to helping our members achieve their fitness goals while improving their overall well-being through a blend of Pilates, yoga, barre, and functional exercises with props. Our team of passionate instructors provides personalized guidance in a supportive environment, ensuring that each class not only delivers physical benefits but also fosters a strong sense of community. Every session leaves participants feeling inspired, empowered, and rejuvenated.

Program Participant Fee(s):

\$129 Doral Residents - \$149 non residents

Proposed Hourly rate/per class fee:
(city to pay instructor) if applicable

\$89.00 per class

Any additional Program Requirements:

Other locations you have offered this program:

Instructor Experience & Qualifications:

(provide experience/qualifications of the company and all instructors that will be offering program) Additional sheets can also be attached with resume/CV.

Katherine Fernandez:

Location: 7865 NW 104th Ave Apt 22, Doral, Florida 33178 Contact: 786-557-8763

Profile:

Katherine Fernandez is a Comprehensive certified Pilates and Barre teacher with over six years of rich experience guiding clients of all ages and fitness levels toward achieving their wellness goals. Katherine's approach integrates customized workouts, equipment variety, and a deep understanding of client needs to improve flexibility, posture, and strength.

Professional Experience:

- Lead Pilates Instructor at Club Pilates, Doral, FL; Brickell, FL; South Miami, FL (2017 - Present): Katherine has led numerous Pilates and Barre classes, designing and implementing workout plans tailored to individual goals and needs. Her role involves using diverse equipment and techniques to enhance client workouts and providing continuous support and adjustments to ensure optimal progress and safety.

Instructor Experience & Qualifications Continued

Skills:

- Proficient in personalized workout design using Pilates, Barre, and PSM/TRX techniques.
- Skilled in engaging and supporting clients through their fitness journeys with a focus on lifestyle wellness.
- Excellent ability to communicate and motivate, creating an encouraging and productive workout environment.

Education and Certifications:

- Certified Pilates Teacher, Pilathon Education.
- Certified Barre Teacher, Barre Above.
- Foam Rolling Course Certification, Trigger Point.
- Certified PSM/TRX Instructor.

Angela Saturno

Location: 6310 NW 103 pl, apt 209 Doral-FL 33178 Contact: 305-766.7704
angelasaturnoperez@gmail.com

Profile:

Angela Saturno is a Comprehensive Pilates instructor specializing in the Classical Method designed by Joseph Pilates. With over eight years of experience in the fitness industry, she has honed her skills in Barre Method and Aerial Yoga, demonstrating a profound ability to lead group classes and tailor workouts for a diverse clientele, including adults and children.

Professional Experience:

- Pilates Instructor, Barre Instructor, and Yoga Instructor at Optimal Fit Pilates, Doral, FL, USA (2015-2018): Provided high-quality Pilates instruction, focusing on strength, flexibility, and body awareness. Angela adapted exercises for clients with injuries and developed personalized programs for high-performance athletes.
- Club Pilates, Doral, FL (2018-2024): Continued to excel in delivering Pilates classes, emphasizing safe and effective workouts. Angela has been instrumental in creating innovative fitness programs and promoting health and wellness within the community.

Skills:

- Expertise in conducting Pilates, Barre, and Aerial Yoga classes focusing on precision and adaptability to meet individual client needs.
- Development of personalized fitness programs, especially for athletes and clients with specific health concerns.
- Strong knowledge of anatomy and physiology, ensuring safe and beneficial workouts.
- Excellent communication and interpersonal skills, fostering a positive, inclusive, and motivating class environment.

Education:

- Power Vinyasa Teacher Training 200 hours, YOBK Academy (December 2023, Miami, FL, USA)
- Comprehensive Pilates Instructor Certification, Classical Pilates Education (December 2017, Doral, FL, USA).
- Vault Barre Teacher Training Certification (July 2017, Boca Raton, FL, USA).
- Aerial Yoga Instructor Training (April 2017, Heartwood Retreat Center, Bradenton, FL, USA)