

Kerstin Schaller



is certified physical education teacher and since many years Head of the Pilates Training Program, as well as member of the Power Yoga Training Team at the Swiss Academy of Fitness & Sports (SAFS) in Zürich.

Kerstin is experienced in Group Fitness as well as in Personal Training and teaches Pilates Mat Classes and Pilates on the reformer or on the MOTR®. She also offers Power Yoga group classes at the Pilates Studio Richterswil. She is also specialized in the field of Spiraldynamik®, pelvic floor training and healthy back training.

She speaks German and English.

A group mat class trial lesson for Pilates or Power Yoga can be booked at info@pilates-richterswil.ch or directly with her:

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