Carole’s interest in body movement and conditioning began many years ago as a student in gymnastics. Carole became a Stott certified Pilates practitioner through the Calgary Pilates Centre in 2004. After seeing the benefits Pilates had to offer with a therapeutic-based approach, she returned to Calgary in 2009 to obtain her training in Injuries and Special Populations.



Carole has just recently relocated to Kelowna and joined the staff at Rutland Physical Therapy in November 2013, and is excited to offer our clients 10 years of Pilates experience . She has begun the Pilates Process method training on the Reformer, with plans to complete the Cadillac training this summer.

Most recently, Carole has begun to work with the Power Plate Whole Body Vibration System, adding to the benefits of rehabilitation and training at Rutland Physical Therapy.