

A portrait of Gina Soberanis, a woman with long, wavy brown hair, smiling and looking over her shoulder. She is wearing a white sleeveless top and a pearl necklace. The background is a light blue gradient.

Media Kit

Gina Soberanis

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About me

Training athletes to move with precision - so they can handle more volume, perform at a higher level, trust their bodies under pressure, and keep doing what they love for years to come.

Gina Soberanis

Gina Soberanis is a **Classical Pilates Instructor, Movement Educator, and Speaker** who helps people move through life with greater strength, confidence, and intention.

Through her in-person teaching, online platform, and educational content, Gina **helps people understand that Pilates isn't just an hour in the studio—it's a blueprint** for how we sit, stand, breathe, lift, train, recover, and perform in everyday life. Known for connecting the dots between the precise exercises of Classical Pilates and the real-world movement patterns we rely on every day, she **makes complex movement concepts practical, memorable, and immediately applicable.**

Gina completed her comprehensive **Classical Pilates certification through Metropolitan Authentic Training (M.A.T.)** and continues to study the original method through advanced mentorships and continuing education. She teaches private sessions, group classes, and workshops in San Francisco while developing corporate wellness programming focused on posture, movement quality, and performance.

When Gina isn't teaching or practicing Pilates, you'll find her lifting at the gym, racing her boyfriend in the pool, exploring San Francisco on foot, or searching for the city's next great wine bar.

1

Do What You Said You'd Do

How keeping promises to yourself builds confidence, resilience, and self-respect.

What if discipline had less to do with white-knuckling your way through willpower—and more to do with identity?

The habits that shape our lives are built through the small promises we make and keep to ourselves every day. Each time we follow through, we **reinforce who we believe ourselves to be**, build evidence that we can trust ourselves, and close the gap between the person we are today and the person our ambitions require us to become.

In this keynote, Gina **reframes discipline as an act of self-respect rather than self-punishment**. Through personal stories and practical strategies, audiences will **learn how to build sustainable habits that outlast motivation**, use everyday rituals to reinforce identity, and develop the self-trust required to pursue ambitious goals. Audiences will leave with a new perspective on discipline—and a practical framework for becoming someone they can count on, especially when the goal demands more of them.

2

Say It With Your Chest

Posture is more than standing up straight. Discover how the way you carry yourself can influence how you breathe, move, feel, communicate, and command a room.

You have the **chance to make a strong first impression** long before you introduce yourself. In this keynote, Gina **explores posture at the intersection of physiology, psychology, and perception**—examining how the way we stand, sit, walk, and carry ourselves can influence physical function and how we feel, while communicating something to the people around us before we ever say a word.

Drawing from movement science, psychology, and her experience teaching Classical Pilates, Gina challenges audiences to think beyond the traditional idea of “good” versus “bad” posture and instead **become curious about what their posture is communicating**. Audiences will leave with a new understanding of the relationship between body and mind—and **practical ways to use posture and movement awareness to show up** with greater confidence, presence, and intention.

Speaker Topics

cont.

③ Strong for the Long Run

Endurance isn't just cardiovascular. Explore how Pilates builds the strength, control, mobility, and body awareness runners need to handle mileage and keep moving well.

Running more isn't always the answer to becoming a better runner. Every mile asks the body to repeat similar movement patterns thousands of times—which makes how we prepare the body between those miles worth paying attention to.

In this presentation, **Gina explores what Classical Pilates can teach runners and athletes** whose sports demand significant time on their feet. She examines some of the method's foundational principles—from developing a strong connection between the feet, heels, and glutes to organizing movement around a powerful center—and asks how these concepts might translate to the way an athlete runs, accelerates, absorbs force, and responds to fatigue.

Gina also explores **two distinctive elements** of the Classical Pilates system: its emphasis on footwork and its use of spring resistance. What can springs teach an athlete about producing and controlling force? What can intentional footwork reveal about the relationship between the ground, the legs, and the center of the body? And what does it really mean to learn to “run from your gut” rather than simply asking your legs to work harder?

Drawing from the Classical Pilates method and her own experience as an endurance athlete, **Gina encourages athletes to look beyond simply logging more miles and start understanding the body mechanics necessary to go the distance.** Audiences will leave with a new perspective on cross-training—and a framework for moving more intentionally, training more intelligently, and staying strong for the long run.

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Gina Soberanis (she/her) is a Classical Pilates Instructor, Movement Educator, and Speaker available for keynote presentations, workshops, media interviews, corporate wellness programs, and spokesperson opportunities. Her ability to connect the precision of Classical Pilates with the movements people make every day—from the gym to the office to sport—helps audiences understand why movement matters long after they leave the studio.

Schedule an interview or meeting, or book her for your next event today!

Notable Press

Coming Soon



Get In Touch

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