

# Jennifer Gordon

## CERTIFIED PILATES INSTRUCTOR

### Instructor Education/Certifications:

Certified Polestar Pilates Instructor:  
Mat and Apparatus

California State Licensed Massage Therapist  
CPR/AED

### Instructor Specialization:

Pilates mat, reformer, chair, trapeze table, ladder barrel and spine corrector.

### Instructor Philosophy:

Your Pilates practice should help your body create an ease of movement in your daily life and as you age. I teach Pilates as a method to learn how to move your body in the most optimum way in all planes of movement. My goal is to give each student the skills and knowledge to take what is learned in the Pilates studio into everyday life. Your Pilates practice should support your hobbies and activities.

Each class I teach is different and addresses the needs of the students that are present that day. We are always changing and I take that into account when teaching. I want each student to leave class feeling better than when they came in, breathing deeply and with more awareness of how their body is moving and feeling.

