

**Alejandra Lindemann, Fletcher Pilates Teacher**

Alejandra has been involved in fitness activities for as long as she can remember. 15 years ago while in Chicago she discovered Pilates and Barre and embarked on a career in fitness instruction and nutrition. She is a certified Fletcher Pilates Teacher which involved a year-long course study of movements and anatomy. She has taught pre- and post-natal Pilates classes and held foam roller workshops. Alejandra has personal experience with the benefits of Pilates during and after pregnancy and enjoys helping expectant mothers prepare for and recover from this amazing event. She is also Barre certified and a MadDog certified spinning instructor. Alejandra is originally from Santiago, Chile and moved to the US with her husband Joe in 2001. She has lived in Minneapolis, Columbus, Chicago, and has now been in the Des Moines area for 5 years. In addition to fitness classes, Alejandra has stayed active training for the Chicago marathon and other long distance running events as well as completing the Birkenbiener 54K cross country ski race in northern Wisconsin (her eyelashes froze!). She also stays plenty busy with her two girls Josefina (6) and Valentina (5).