

## **Emily Jenkins Certified Pilates Instructor, Personal Trainer, and Group Fitness Instructor**

My name is Emily, and I look forward to connecting with you!

I spent most of my life as an endurance athlete, and for a long time I believed that if exercise wasn't hard, it wasn't worth doing. After an injury that set me back for months, I found Pilates, and developed a deep appreciation for a new form of movement that fulfilled the part of me that craved a physical challenge but combined new elements of mindfulness and intention.

In the past ten years, I have taught nearly every form of exercise there is: Yoga, bootcamp, HIIT, circuit training, mat Pilates, reformer Pilates, and barbell weight-training.

I've learned there is a time and place for all forms of exercise, as long as we take time to slow down, stay safe, and listen to our bodies. I look forward to helping you find the movement that enriches YOU the most!