

Jessica Goolsby- Certified Pilates Instructor and NASM Certified Personal Trainer

Jessica brings the energy! She's a Certified Personal Trainer, TRX-Certified coach, and Certified Pilates instructor who loves helping people feel strong, capable, and confident in their bodies. Jessica teaches all levels—from brand-new to advanced—and makes every class feel welcoming, supportive, and sweat-worthy.

Her passion is guiding clients through smart + intentional movement, helping them recover from injuries, build strength, and discover what their bodies are truly capable of. She's worked with all ages, all fitness levels, and loves creating personalized programming that meets *you* exactly where you are.

Get ready to move with purpose, laugh a little, and leave feeling better than when you walked in.