

Jayde Fellom – Certified Pilates Instructor

Jayde is a certified Pilates instructor with a passion for intentional movement and helping others feel strong, confident, and connected to their bodies. Her love for Pilates grew from the balance of strength, control, and mind-body connection the practice provides. She enjoys creating welcoming yet challenging classes for all levels, encouraging clients to move with purpose, build confidence, and discover just how strong they are.