

Jill Andrews, STOTT Trained Pilates Instructor

Jill has been in love with Pilates equipment, mat, and barrework ever since 2007. She has taken all of her Stott Pilates Level 1 and Level 2 course work in mat, reformer, cadillac, chair and barrels including Injuries and Special Populations along with numerous workshops. Jill is also qualified to teach Merrithew's ZEN*GA program (a fusion of ballet and Vinyasa yoga and Pilates on the mat and reformer), Total Barre program, and CORE program. She is also certified in bootybarre plus and studied Sculpt with Tracey Mallett (a BASI Pilates Teacher Trainer) in South Pasadena, CA. Jill presently trains many types of clients at Fitness by Design from gifted nationally recognized dancers to seniors to one gal with MS in a wheel chair who dreams of walking again. Jill is also a Pink Ribbon Breast Cancer Exercise Specialist and has studied with Washington, D.C.'s Mariska Breland in her Pilates for MS and Neurological Diseases training.

Jill has taught Pilates at Fitness by Design since April 2014, at Spark since December 2012, at The Y Healthy Living Center October 2010 through December 2016, and at Studio 3 from June 2010 through December 2012.

Follow Jill on Twitter @pilateswithjill | 515-991-2191.