

JENNIFER OLSBERG

With much dedication and over 27 years of Pilates teaching experience in Los Angeles, Jennifer has established a very high-profile clientele. Using excellent interpersonal skills, meticulous attention to detail and keen management prowess she has cultivated her practice into a thriving upscale business.

Jennifer is a self-motivated and organized professional, constantly furthering her training methods. She has the proven ability to navigate through multiple responsibilities, while accommodating the stringent schedules and requirements of those with whom she works. Given the high-profile level of her clientele, privacy and discretion are implicit.

Her experience and appreciation of the restorative, modern and traditional approaches of Pilates, allows a great deal of flexibility and balance for her clients. Driven by a doctrine that pushes a conscious connection of mind and body toward discipline and wellness, her commitment to health and fitness is innate.

As well as her professional dancing background, Jennifer studied under Romana Kryzanowska, an American Pilates instructor who studied as a student under Joseph Pilate, the founder of the Pilates method in New York. She furthered her education and certified under Marie-Jose-Bloom at Long Beach dance conditioning in California.