

JENNIFER TILLET, NCPT Pilates Instructor

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I am a Certified Master Pilates Instructor and Functional Fitness Professional with over 22 years of experience. I strongly believe in the corrective nature of the Pilates method, incorporating science with the original intention of the work.

As Director of Education at Harmony Studios, I have developed and implemented a successful comprehensive teacher training program where I have mentored, developed and trained new Pilates Instructors.

Pilates Work Experience

Director of Education/Sr Instructor: Harmony Studios, Los Angeles, CA 2017 - Present

Lead Pilates Instructor: Wave Pilates, Tampa, FL 2012 - 2017

Senior Pilates Instructor, Personal Trainer, Group Fitness Leader, Independent Contractor:

- Harbor Island Athletic Club, Tampa, FL 2012 - 2017
- Harmony Studios, Los Angeles, CA 2001 - 2012
- Angel City Gym, Los Angeles, CA 1999 - 2001

Relevant Qualifications/ Continuing Fitness Education

NCPT Certified Pilates Teacher 2012 to Present

Attended PMA Teacher Training Summit 2018 and 2021

Completed International Trainers Comprehensive Pilates Teacher Training 1998

Continuing Education through Fletcher Pilates, Power Pilates of New York, Balanced Body, Polestar Pilates and BASI

ISSA Fitness Therapist Certification Training 2009

Apprenticeship with Master Pilates Trainer Ivan Dahl 1999

IFPA Personal Trainer Certification 1999

Appearances

Featured Trainer on Discovery Health "LOSING IT!" 2003, Pilates Anytime 2019