

**Jennifer Ponce,  
Certified STOTT PILATES® Instructor**

Jennifer is a Certified STOTT PILATES® Instructor, trained in Pilates Mat, Reformer and Cadillac, Chair and Barrels, with advanced training in Anatomy, Injury and Special Populations and Pre and Post Natal Pilates. She completed her STOTT PILATES® training at Bodycenter Studios in Seattle, Washington in 2008. Jennifer has taught Pilates to many different populations; individuals with pain, seniors, pregnant women, the very fit and the very sedentary and specializes in Individualized instruction based on a client's injuries, postural assessment and personal strengths, weaknesses and goals.

**Education**

STOTT PILATES® Intensive Mat Course, Bodycenter Studios, Seattle, WA 2008

STOTT PILATES® Intensive Reformer Course, Bodycenter Studios, Seattle, WA 2008

STOTT PILATES® Intensive CCB Course (Cadillac, Chair & Barrels), Bodycenter Studios, Seattle, WA 2008

**Experience**

Bodycenter Studios, Seattle, WA, Certified Instructor 2011-2013

Ballard Pilates, Seattle, WA, Owner and Instructor 2010-2011

Studio Evolve, Seattle, WA, Certified Instructor 2008-2010

Maya Whole Health, Seattle, WA, Certified Instructor 2008-2009

**Continuing Education**

- Anatomy Principles (2008)
- STOTT PILATES® Injury and Special Populations Course (2009)
- STOTT PILATES® Athletic Conditioning on the Reformer (2010)
- STOTT PILATES® Athletic Conditioning on the V2 Max (2010)
- STOTT PILATES® Mini Stability Ball Workshop (2011)
- Postural Analysis Workshop (2011)
- STOTT PILATES® Jumpboard Strength and Conditioning (2011)
- The Knee Workshop (2011)
- STOTT PILATES® Pre-Natal Pilates on the Reformer Workshop (2012)
- STOTT PILATES® Pre-Natal Pilates on the Cadillac Workshop (2012)
- STOTT PILATES® Pre-Natal Pilates on the Chair Workshop (2012)
- STOTT PILATES® Tower Trainer Workshop (2012)