

# JESSICA FERNANDEZ

## Certified Pilates Instructor

### Training Philosophy

"I love people and I love movement. For me, Pilates is taking care of someone's body through movements that matter.

As an athlete, I understand how to provide a goal appropriate, challenging class, offered with modifications yet designed to improve performances and help clients in a full-body workout. My education gives me the understanding of proper delivery of low impact movement combined with "level-appropriate" intensity.

Furthermore, my nursing skills and healthcare background give me the additional skills needed for me to deeply connect with CSM-Athletic Center Pilates clients and their needs. I excel in communicating modifications and adaptation, with the right exercises ensuring safety for all body types. My teaching style is creative and fun but also challenging placing focus on a client's goals with just a little bit of "French touch."

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### Certifications

- Balanced Body Comprehensive Instructor (Apparatus, Mat and Reformer)
- CPR/AED First Aid

### Experience

**Pilates Instructor** — since 2022  
**Registered Nurse in Rehabilitation and Critical Care** — 2015-2022

### Education

*Nursing, B.S.*  
Stell's Hospital (Paris, France), 2015

*Medical Repatriation and Air Transport, A.S*  
Sorbonne University (Paris, France), 2017

### Interests

Pilates, travels, hiking, volleyball, cooking and more than everything spending time with her daughter and husband.



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