

Certified Personal Trainer & Pilates Instructor

Jennifer Rogers



Professional Bio

My goal is to help everyone I train work toward a balanced, functional body. I incorporate Pilates, strength training, core work, functional exercises, balance and flexibility training into my clients' workouts. I collaborate well with our resident Physical Therapist and often work with women who tend to approach exercise cautiously.

Training Qualifications

- American Council on Exercise (ACE) Certified Personal Trainer
- PhysicalMind Certified Pilates Instructor

Fun Facts – My background in ballet gives me a good eye for exercise form and technique. I have 1 son and twin girls 😊