

Jessica Goolsby- Certified Pilates Instructor and NASM Certified Personal Trainer

Jessica is a dedicated fitness instructor and people-oriented professional committed to guiding individuals through injury recovery and enhancing their fitness journeys. With expertise in teaching Pilates across all levels, from beginners to advanced, she specializes in crafting personalized fitness plans tailored to individual needs. With years of experience working across diverse age groups and fitness levels, Jessica is passionate about helping others achieve their health and wellness goals.