

# Janetta

## Dance & fitness - Pilates



### Let me introduce myself....

I am a level 3 qualified Pilates instructor and have practised Pilates for most of my adult life - which is quite a few years now !

I've combined a busy office-based career managing marketing and communications with teaching dance and fitness. This year I am making the exciting move of spending full time sharing my passion for dance and fitness.

I've been lucky to have taken time from my former career to perform salsa in Cuba and to spend a year in Argentina for the world's best tango training. Pilates has been a constant help in keeping me fit and able to go from the office to the dance floor.

My Pilates teacher training was with Joanne Cobbe of JPilates. Joanne is dedicated to the

teaching of Pilates and was previously the Principle Tutor for The Pilates Institute.

As an associate member of JPilates, I have access to excellent advice and continuous professional development.

I offer Pilates mat work classes from beginner through to advanced level.

As well as developing my own classes (currently at Rochester Dance Junction) I'd be very interested in providing ad-hoc cover and potentially working within a studio for one to two days each week.

I'd be delighted to discuss ideas and opportunities.

### Contact details

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