

# Jodie Fontenot

## Pilates Instructor & Personal Trainer

### Education | Certification

- Certified Pilates Instructor (Balanced Body University)
- Certified Personal Trainer (ISSA, NESTA)
- Functional Range Conditioning Mobility Specialist (FRCms), Joint Health Training
- TRX Trainer
- Group Instructor
- Pre/Post Natal Performance Training Specialist
- Corrective Exercise Specialist
- GGS1 Women's Coaching Specialist
- Barefoot Training Specialist
- PN1 (Precision Nutrition) Nutrition Coach.
- Integrative Health Practitioner
- Certified instructor for Multiple Sclerosis and other Neurological Disorders (i.e. Stroke or Parkinson's Disease)
- Pilates for Breast Cancer Recovery
- Certification/Specialty : NASM Stretching and Flexibility Coach (SFC).



### Philosophy | Style

I believe wellness should feel supportive, empowering, and sustainable. My holistic, functional approach to fitness and nutrition focuses on building healthy habits—never restriction. My guiding principles are simple: move better, feel better, and enjoy the process.

My sessions combine functional movement, Pilates, strength, mobility, and restorative work, all customized to meet each client's goals and needs. My mission is to help you feel good in your body, build strength and stamina, and move freely so you can keep doing the things you love—pain-free and with confidence.

I work with clients ages 8 to 90, from everyday movers to athletes cross-training for longevity, performance, and injury prevention. All are welcome.



Call Jodie at 713.398.2370