



Brooke Alexander

Pilates Instructor

Education

Recreational Therapy – University of Arkansas

Certifications

500+ hours of Pilates Training, RYT Yoga Alliance, and TRX Certified Trainer

About Me

I grew up teaching gymnastics from the age of 15 and have over 20 years of experience teaching various disciplines including gymnastics, cheer, stretch, yoga, transformational breathing, TRX, and Pilates. I studied Recreational Therapy at the University of Arkansas and discovered yoga-breath in the aftermath of Hurricane Katrina. In 2005, I was introduced to Pilates and was fascinated by the clarity it taught me to discover in my body. I am passionate about sharing this clarity with others. With extensive experience in one-on-one training and a love for group classes, I strive to meet you where you are in your practice.

Personal Interests

I am so grateful to live in Arkansas and raise my two teenage boys on the trails surrounded by nature!

Contact Information

Text: (479) 799-6332

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