



Jacqueline Ernst

Reformer Pilates Trainer, Mat Pilates
Instructor

Certifications

Comprehensive Pilates Certification on all apparatus, through National Pilates Certification Program

About Me

I have been a Pilates instructor for over 22 years and a student of Pilates for almost 30. Pilates has helped me stay strong throughout my career as a professional ballet dancer, during my time as a young professional and new mom, and now as a mom of two almost teens. I truly believe that Pilates is for everybody; it strengthens without leading to injury and can aid in healing from injuries. Pilates is an incredible modality that has the power to transform how you perceive your own strength and endurance.

Personal Interests

I'm a proud Canadian, and I love sharing about growing up in rural Ontario with anyone who's interested in learning. When I'm not in the studio, you can find me at home with my husband, 13-year-old, and 11-year-old kids, as well as our two Vizsla pups. I use the skills I learned during my rural youth to support the local NICUs by making quilts, sheets, pillows, knit or crocheted blankets, and whatever else they may need. The NICU holds a special place in my heart because both of my children spent time there after their premature births.

Contact Information

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