



Jolene

Polestar Pilates, USA Certified:

- Comprehensive studio
- Mat

My active lifestyle began in running marathons in 2014, Apart from running I participate also in EMS training, boxing, HIIT circuit and aerial yoga, causing me to be bulkily muscular with minimal flexibility and also a hunch back posture from my years in corporate job.

In 2019, I fell in love with Pilates as it helps me to improve my body awareness and most importantly it positively transformed my posture with a stronger spine and leaner muscles.

I wish to share the benefits derived from practising Pilates with like-minded people to achieve a healthier body and enjoy it for the many years to come.