

## Jolie Becker Bio

Jolie Becker is a Peak Pilates® Master Instructor, Mentor. She has been studying and teaching Pilates for over 25 years as well as presenting for 16 years. Jolie is a graduate of The Kathy Grant Heritage Training®. She is a FitCore™ Master Instructor and teaches Aerial Yoga and TRX. She has a studio, The Pines Studio for Pilates near Pittsburgh, PA. Jolie is an endurance trail runner and loves how Pilates helps her pre- and post- events.