



Hello, I'm Jessica, and I've had the privilege of teaching dance and movement for close to 30 years. As a mother of two young boys and a single parent with a supportive co-parent, I understand the challenges of balancing family, personal well-being, and life's ups and downs. I've struggled with depression on and off over the years, and through it all, movement has been a powerful tool in helping me heal, stay grounded, and find joy.

A passion of mine exists in creating classes where each participant can experience a sense of achievement and joy through movement. I integrate elements of Pilates, yoga, and martial arts into my lessons, offering a well-rounded approach to fitness and dance. Whether you're a beginner or an experienced dancer, my classes are designed to build confidence, foster connection, and cultivate a love for dance as a holistic practice for wellness.