



SANTA RITA
RANCH



JENNIFER GONZALES



PILATES INSTRUCTOR

Jennifer Gonzales is a dedicated Pilates instructor who discovered her passion for Pilates while rehabilitating from an injury. She quickly realized the healing effects as well as the flexibility, core strength, alignment, and overall well-being it brought to her body. As she progressed in her personal practice, she decided she wanted to share this with others. Currently, Jennifer is an instructor and coach at Fifty/50 Pilates Studio in Cedar Park and she also teaches private 1:1 sessions in her own practice. Although she is classically trained, she enjoys putting a contemporary twist on her teaching. Jennifer understands the critical role in teaching to the body in front of her and helping each client practice mindful movement. When she is not instructing, Jennifer enjoys hiking and exploring the world. She is an avid cyclist and cooking enthusiast. Jennifer also dedicates her time to volunteering and advocating for her favorite charities, the Texas Organ Sharing Alliance and the Cystic Fibrosis Foundation. Through her nurturing and empowering coaching, Jennifer is dedicated to helping others experience the transformative benefits of Pilates just as she did.

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