

September 15 - December 29, 2025

OLIVIA FITT Pilates Fusion w/ Olivia Bowman-Jackson

Company: Taylor Center for Dance Education
Venue: Taylor Dance West
Location: New York, NY

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When:

Mondays 8:30-9:15am

Class Description:

A seamless blend of Pilates, Yoga, Mobility, Strength and Stability approached in a therapeutic yet challenging way to assist in full body muscle activation and elongation as well as spinal alignment and stimulation.

Bio:

For 10 years Olivia danced around the world with The Alvin Ailey American Dance Theater all the while studying Pilates technique with Master Pilates Instructor/ legendary dancer Sarita Allen and her teacher, an original grand dame of Pilates, Kathy Grant. From performing Off-Broadway in "Queen of the Night" to teaching boutique fitness in NYC and the Hamptons for 12 years, then becoming a Certified Personal Trainer, performing in Saudi Arabia with Cirque du Soleil Events, starting OLIVIA FITT (a virtual small group and private client fitness experience), training celebrity clients, teaching boutique fitness studios and a Pilates physiotherapy studio while living in London; Olivia currently enjoys sharing her passion of teaching Pilates, dance and fitness with people of all ages and levels at home in NYC at Avea Pilates, Manhattan Plaza Health Club, PLUS ONE corporate gym and at Ailey Extension. Olivia is excited and grateful to join the faculty at Taylor Center for Dance Education.

Taylor Center for Dance Education
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<https://clients.mindbodyonline.com/classic/ws?studioid=463013&stype=-7&sTG=59&sView=week&sLoc=0>

Schedule
September 15, 2025: 8:30am
September 22, 2025: 8:30am
September 29, 2025: 8:30am
October 6, 2025: 8:30am
October 13, 2025: 8:30am
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