

September 17 - December 24, 2025

## OLIVIA FITT Functional Fitness w/ Olivia Bowman-Jackson

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

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When:

Wednesdays 1:00-1:45

### Class Description:

A holistic series of movements to help improve coordination, strength, mobilization, endurance and injury prevention. Suitable for all ages and levels

### 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  
307 W 38th Street (9th Floor)  
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646-214-5807  
<https://clients.mindbodyonline.com/classic/ws?studioid=463013&stype=-7&sTG=59&sView=week&sLoc=0>

Schedule  
September 17, 2025: 1:00pm  
September 24, 2025: 1:00pm  
October 1, 2025: 1:00pm  
October 8, 2025: 1:00pm  
October 15, 2025: 1:00pm  
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