

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  
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 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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