



INTRODUCING

Jillian Frederick

Group Fitness Instructor



I discovered Yoga Sculpt as the perfect fusion of mindfulness and movement—where breath meets strength and flow meets fire. With 15 years of yoga practice, I fell in love with how sculpt classes challenge the body while calming the mind. My approach is rooted in creating an inclusive, empowering space where every student feels strong, seen, and supported. Whether it's your first time on the mat or your hundredth, I believe in showing up, having fun, and leaving just a little bit stronger than you came.

EDUCATION & CERTIFICATIONS

- BA, Anthropology, Southern Methodist University
- MS, Education, Johns Hopkins University
- CorePower Yoga Certified 50 Hour Yoga Sculpt Instructor
- American Council on Exercise Certified Group Fitness Instructor
- AED/CPR Certified

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

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