

About Jerilyn Blanchard

Jerilyn Blanchard is the founder and owner of Vivre Pilates, a breast cancer survivor, and a Qualified Fletcher Pilates® Teacher. Her training comes from one of the most definitive professional Pilates teacher training programs in the industry, the Ron Fletcher Program of Study®. Known for its comprehensive curriculum, the Fletcher Pilates® teacher program spans approximately two years and includes in-depth training on Pilates equipment and matwork from beginning through intermediate and advanced levels. Also included are studies in anatomy and the related movements and modifications for special physical needs. Continuing education courses ensure that clients will always receive the most current and highest level of instruction possible. She was selected to participate in Balanced Body University's prestigious Passing The Torch™ Program, which was created to help shape the next generation of leaders in the Pilates community. Jerilyn is also certified by The Pink Ribbon Program, a post-operative workout enhancing recovery program for breast cancer survivors, and a professional member of Pilates Method Alliance.



Jerilyn's goals and the mission of Vivre Pilates are:

- to help clients achieve their personal health and fitness goals through personalized sessions focusing on form and technique coupled with the joy of movement,
- to help people discover the connection between flexibility and body alignment and a healthy lifestyle that leads to living life to its fullest,
- to treat each client's session as an investment back into themselves, and
- to act as a facilitator of a much greater journey through which Pilates will ultimately bring clients into the springtime of their lives.

Jerilyn has been happily married for over thirty years and has two grown children who enjoy successful careers in the arts and entertainment industry. Outside of her love for Pilates, her interests include fly fishing, gardening, and promoting breast cancer awareness through her involvement in Casting for Recovery®.

Fletcher Pilates has had an enormous impact on my own physical and mental health and my entire outlook on life. With the use of breath as an integral aspect of the work, Pilates balances my body, restores my strength, quiets my mind, and uplifts my soul. I feel strongly that I must share this feeling with others.

Jerilyn Blanchard, Vivre Pilates Owner, breast cancer survivor, and Qualified Fletcher Pilates Teacher

