

New Pilates Instructor for Private Classes

Newbury Park Physical Therapy at Newbury Park Athletic Club

We would like to welcome Jessan Romans to our team. Jessan has been teaching Pilates classes since 2002. She is certified to teach Pilates classes using the “Wunda Chair, Reformer, Cadillac, and Trapeze.” She will be available at NPAC to teach private Pilates classes. Her hours are Wednesday from 8 AM to 6 PM and Friday from 8 AM to 2 PM by appointment. Please call our office at (805) 375-1461 to schedule a private class with her.