

Jennifer is the founder of Borland's Studio of Pilates and is a Certified STOTT Pilates, MELT and Neurostrength Instructor. She has been teaching and training fitness for over 30 years and her knowledge and experience helps her to understand and meet the needs of her clients. She is known for using mindful movement to execute the exercises properly so that the body gets the most efficient work and benefits with minimal impact. Jennifer teaches intentional movement to create lasting benefits, so the body has longevity while remaining fit, mobile and flexible. Her goal is to bring the body back into BALANCE and help to change the flow of her client's health.



Jennifer's journey with fitness started in 1991 teaching Aerobics and Personal Training. She has always had a competitive spirit and began competing in Fitness Competitions in 1996. After winning the Southeastern Fitness and the Southern Classic Fitness competition she went on to compete in two different NPC National Fitness Competitions. After placing 1st Runner Up in the Nationally televised ESPN 2 Fitness America she went on to also compete in the Miss Fitness USA where she placed in the top 10. As her career in fitness evolved, she had the desire for something bigger and more meaningful. Taking the road less traveled she felt Pilates was where she was being led. Through this journey she found MELT, a gentle and innovative way to help restore the fluid flow into the fascia to help with chronic pain, and knew instantly that this was her next step in the journey. The hope is to help people restore their bodies so that when they do Pilates, they can have a deeper and more profound connection with their bodies.

Through the mindful movement of Pilates, restoring the fluid flow through the fascial system via MELT, and by retraining the neural pathways and the sensorimotor skills through Neurostrength, her goal is to empower people to regain their health, fitness and their body's ability to move pain free!

MELT RESULTS

START WITH THE 4R'S



RECONNECT

Assess and Reassess! You'll hear us start and end every class with these two techniques to help you identify imbalances and monitor changes.



REBALANCE

Rebalance moves focus on returning the NeuroCore to efficiency and balance, which de-stresses the body's Autopilot, your internal GPS.



REHYDRATE

Restore the mobility and stability of your joints and muscle mechanics by rejuvenating the fascial system and fluid flow throughout the body.



RELEASE

Release the joint compression that contributes to chronic pain, inflammation, and discomfort with these powerful moves!

MELT PERFORMANCE

STEP 1

You create the environment for your nervous system to function more efficiently and for stability to exist by MELTing and hydrating your connective tissue.

STEP 3

You repattern your basic motor patterns. This way your movements are more efficient, effortless, and accessible in everyday living.

STEP 2

You then reintegrate neurological joint stability and control. The setup of the moves is the key to unlocking this potential.



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THE JOURNEY TO A BALANCED HEALTHY
BODY AND AGING WELL BEGINS HERE



Borland's Studio
of
**Pilates, MELT and
Neurostrength**

"Every adventure begins with a first step."
ALICE IN WONDERLAND

WHAT IS PILATES

Pilates was created by Joseph Pilates at the turn of the century as a low impact form of exercise that targets the “powerhouse” of the body, the core, while strengthening and lengthening the body. It is a very focused method incorporating deep breathing, pelvic floor contractions and increased mobility of the joints. All exercises for every part of the body are designed around using the core of the body in all the strength and stretch movements.

Pilates has a unique ability to make the body stronger by either using the body weight through mat exercises or the springs through the pieces of apparatus that Joseph Pilates developed himself. There are no heavy weights used but that low intensity training can produce the same results as high-intensity training. Pilates works in a multi-planar fashion, with each movement organized with all angles and shapes in mind so that it targets the muscles from many different directions. The choreography of the system is intended to force the muscles to strengthen while in motion. Additionally, by training from the core of the body it creates more support and more effective work which will in turn teach people to gain a deeper connection with their bodies. The benefits from this type of work can help to ease muscle tension, joint stiffness, back pain, improve alignment, posture, range of motion, better body control, endurance, flexibility and even helps with injury prevention.

The results are profound, and it changes the way we think about movement not only in the moment of exercising but in our daily lives.

MELT

The MELT Method, developed by Sue Hitzman, is a cutting edge and innovative technique to help get out of and stay out of pain. MELT is a gentle self-treatment that enhances mobility, stability, and performance and is clinically proven to reduce chronic pain while restoring overall wellbeing. When you use MELT's specific techniques, you help bring a flush of fresh fluid through the system to restore your fascia's supportive, supple nature. By tapping into our connective tissue, or fascia, which surrounds all aspects of our body, including your muscles, bones, nerves, and organs, we can create profound changes in eliminating pain and helping to erase the signs of aging. Over time, MELT heightens your body's ability to repair and heal itself, which can create remarkable and lasting changes. MELT helps to maximize your performance in any sport or fitness program, helps you fall asleep more easily and sleep more soundly, have more energy during the day, improve posture, reduce stress and tension, shed excess body fat and reduce cellulite.

NEUROSTRENGTH

NeuroStrength, helps rewire neuronal pathways where repeated patterns have created faulty pathways and habits. Most of us have trained our brains to create and utilize faulty patterns of movement that we have done countless times. What causes this? Daily life - the postures, movements, and emotions that are repeated over the years. The more we repeat a faulty motion or posture, the integrity of our connective tissue is challenged. Repetition is the blessing and curse of all movement and function.

The even bigger issue for performance is that struck stress from repetition affects our neurological stability and control systems. When stability declines, compensation begins. With stability, timing is everything. Stability occurs without your conscious control, before you even move. Fortunately you can rewire a neuronal pathway in a short period of time.

NeuroStrength will rewire your faulty patterns improving how you move, including your athletic performance. It will also help you prevent repetitive stress injuries; reduce and prevent pain; improve overall health; regulate stress levels, cellular repair, and digestion; and improve resilience and longevity. It'll also have a profound effect on your emotions.

NEUROSTRENGTH

AND YOUR EMOTIONS

The energy of our emotions can influence our memories, effect our current state of feeling, and make us more worried about future events. If you take an event and connect it to an emotion, it burns in your memory, and you can recall it in an instant if another event triggers the same emotion. Often this recall is unintentional and involuntary. How you react to a current situation has some historical connection to how you reacted to something similar in the past. In the brain the regions where we process emotions, store past memories, and think about future intentions are also the regions where pain is processed.

The heart of this realization was that we can rewire, repave, and reconnect our neurological wiring, especially to those areas of the body that have been neglected.

NEUROCORE

The Neurocore is a physiological system that the Autopilot uses to create this involuntary, reflexive, stabilization. This system has two mechanisms that include connective tissue, nerves and muscle.

Together, the Reflexive and Rooted Core mechanisms work to keep you stable and upright while protecting your spine and vital organs.

Angela Ward Dunning is a Dothan native and graduate of Troy University. She and her husband, Mark, have a total of six children, eight grandchildren, and three dogs! Along with a full family life, Angela has always enjoyed serving her community. Angela has dedicated the last 10 years to Hits for Heroes, a local organization she co-founded that focuses on raising awareness and appreciation for our military through the games of baseball. Angela has practiced Pilates for many years. First with videos and then, approximately 8 years ago, she entered Borland's Studio of Pilates. Angela feels that practicing under Jennifer is what sparked her passion and desire to deepen her knowledge of Pilates. In January 2022 she started her formal training through Classical Pilates Education to become a comprehensive (Mat and all Apparatus) certified Pilates instructor. This process is extremely intense and requires 600 hours of training, practicing, studying, and testing! Angela's passion for Pilates and for sharing Pilates with others is evident in her teaching.

“What I love most about my Pilates training is the knowledge I now have and will always have. The core principles of Pilates never change. I will be able to practice and teach what I have learned until the day I die.”

Angela's favorite way to use her Pilates-rooted strength is deep sea fishing, another passion of hers!



CLASSES CATERED TO YOU

- ◇ Private
- ◇ Semi-Private
- ◇ Small Private Groups
- ◇ Classes

TYPES OF CLASSES OFFERED

PILATES

- ◇ Reformer Class
- ◇ Stability Chair Class
- ◇ Fusion Barre & Suspension Class
- ◇ Evolve Class
- ◇ Mat Class
- ◇ Aerial Silks

FASCIA & NEURAL PATHWAY

- ◇ MELT
- ◇ Neurostrength