



# Jennifer Kries

America's Original #1 Pilates & Alternative Fitness Expert

**DVD's**--- Available at all major retail and on-line locations,  
with over 10 million units sold.

- *The Method: Precision Toning*
- *The Method: Precision Sculpting*
- *The Method: Target Specifics*
- *The Method: Dance to Fitness*
- *The Method: Target Zones*
- *The Method: Precision Yoga*
- *The Method: All-in-One Workout*
- *Jennifer Kries's Pilates Method; 3-D Toning*
- *Jennifer Kries's Pilates Method: Perfect Mix*
- *Jennifer Kries's Pilates Method: Precision Pilates*

## **BOOKS**

**Over 1 million copies sold**

*Jennifer Kries's Pilates Plus Method: Ultimate Fitness for Body, Mind and Spirit*, Warner Books

## **ONLINE**

[www.JenniferKries.com](http://www.JenniferKries.com) and [www.Balancenyc.com](http://www.Balancenyc.com) average over 450,000 unique hits per month

## **TELEVISION**

- Fox/Fit TV's *The Method Show*; Featured Instructor and Host
- *Comcast on Demand*; Featured Instructor

## **TELEVISION**

### **Guest Appearances**

- *Entertainment Tonight*
- Food Network
- QVC
- *Rosie O'Donnell*
- *Recipe for Health*
- *Regis and Kathy Lee*

## **MAGAZINES & NEWSPAPERS**

As an acknowledged fitness expert, Jennifer has been published in a variety of national and regional health magazines including:

- *Total Health (Cover)*
- *Fitness Magazine*
- *Vogue*
- *The New Yorker*
- *New York Magazine*
- *Fit Magazine*
- *Self*
- *Allure*
- *Yoga Journal*
- *Real Simple*
- *Marie Claire*
- *Golf Digest Woman*
- *Women's Fitness*
- *Elle*
- *Glamour*
- *The New York Times*
- *The New York Post*
- *USA Today*

## AWARDS & ACCOMPLISHMENTS

- Best Pilates DVD, *Target Specifics*, Real Simple Magazine, 2004
- Best Pilates Instructor, New York City, New York Magazine, 2002-2003
- Best New York City Pilates Studio, Best Bets Award, New York Magazine 2000
- Best Mind-Body Video, *Method Precision Toning*, Fitness Magazine, 1999
- Best Alternative Fitness Video, *Method Precision Sculpting*, Self Magazine 1998
- American Legion of Honor 1990
- National Honor Society, Honorary Member 1988

## EDUCATION & EXPERIENCE

- Bachelor of Arts - University of Pennsylvania, Cum Laude
- Founder and Artistic Director of Contemporary Dance Theatre New York
- CEO, Balance, Inc.
- 3<sup>rd</sup> Generation Pilates Master Teacher
- Creator, and Choreographer of Fox/Fit TV's *The Method Show*
- Founder and CEO of Jennifer Kries's Pilates Method Teacher Training Program
- Founder of Towne Sports International Pilates Program
- Founder of World Gym Pilates and Alternative Fitness Program
- Fitness and Health Speaker to Women's Groups, Corporations and Organizations