



Nicole Tristram graduated Magna Cum Laude from the Physical Therapy Program at the University of Central Florida in 1998. She is a former dancer, receiving her professional training from the Ballet Rambert School in London, England.

Nicole was initially introduced to Pilates during her own rehabilitation for a chronic dance related injury. As a result, she is now a fully certified Pilates Rehabilitation Practitioner through Polestar Pilates International. Her extensive physical therapy background includes corporate injury prevention and wellness, sports medicine, dance medicine, women's health and pediatrics. Nicole is an advocate for Women's Health, Disease and Injury Prevention.

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