

Gemma Pearson is a leading Pilates instructor specializing in osteoporosis and osteopenia and an ambassador for the Global Osteoporosis Foundation.

Gemma brings over a decade of professional dance experience and advanced training under Pilates expert Alan Herdman.

Gemma will be joining us inside The Instructor Academy to discuss all things Osteoporosis and osteopenia, the do's, the don'ts and much much more.

