

PILATES SPORTS CENTER

Pilates Sports Center Master Teacher Trainer Bios and Locations

Pilates Sports Center is proud to uphold a level of excellence in Pilates Education. The Directors are NPCP Certified Teachers® and NPCP/ PMA Continuing Education Providers. Completion of all Pilates Sports Center modules will allow you to sit for the Nationally Certified Pilates Exam.

Burn at the Barre™

- Become a Barre Trainer
- Become a Barre Master Teacher
- Host a Barre Teacher Training

In Person or Home Study Programs
[EMAIL](#)

Become a Pilates Sports Center Affiliate / Master Teacher Program

Host your own professional Pilates Teacher Training Program and Workshops. Align yourself with a growing and innovative group of people. Pilates Sports Center offers training and support. Home study program followed up with an intensive coaching program. Watch our informative videos on our website, or email us.



Pilates Sports Center International Inc.
Corp Headquarters: 24282 N. 78th Ave. Peoria AZ 85383
Director of Business Development Art Altounian 818-231-6777

- www.PilatesSportsCenter.com
- Info@PilatesSportsCenter.com
- [TWITTER / INSTAGRAM / FACEBOOK](#)
- [YOUTUBE / JOB BOARD](#)
- [Pilates Sports Center Channel / Membership](#)

Thank you for your interest in Pilates Sports Center founded in 2000. Pilates Sports Center Teacher Training Program ("PSC") offers the finest Pilates instructor educational program available and is staffed with vetted, qualified, and Nationally Certified Pilates Teachers.

Goals:

- PSC's mission is to provide an education in the work of Joseph Pilates with the highest quality of instruction to create the most successful and capable Pilates teacher possible.
- PSC preserves the classical repertoire and the essence of Joseph Pilates' philosophy and has integrated modern principles of exercise science and spinal rehabilitation to make it safer and more effective. We are dedicated to providing the most current information available and to maintaining the highest quality of instruction. PSC is constantly refining its programs.
- PSC intends to grow its programs worldwide without sacrificing its quality or integrity. PSC will uphold the highest standards of its instructors, business practices, materials and the work of Joseph Pilates.

Co-Founders / Directors of Pilates Sports Center International, Inc.
Kelli Altounian and Dr. Andromeda Stevens, D.C.
Nationally Certified Pilates Teachers

PILATES SPORTS CENTER

Directors / Co-Founders Bios

Kelli Altounian, NPCP

Kelli is the co-founder of Pilates Sports Center. She holds a BA from the University of Central OK, was a Radio City Music Hall Rockette and a professional dancer for over 15 years. Kelli became an advocate of pilates in 1994 and began teaching pilates in 2000. Quickly realizing her vision for Pilates Sports Center, she nurtured her passion for education and the desire to inspire others. Uniting her efforts with Andromeda, they have since created a Pilates Training Program of International Recognition. PSC's approach to education and post education continues to grow world-wide.

Her credentials include:

- BA from the University of Central OK
- Yamuna® Body Rolling Certification Program
- Certified Trainer recognized by (N.E.S.T.A.) for Golf Conditioning
- Nationally Certified Pilates Teacher (NPCP)
- TRX® Suspension Training
- Balanced Body University - CoreAlign 1, Vertical Reality
- Co-Creator of Bosu on the Reformer Workout, DVD and Workshop
- Co-Creator of Dowel on the Reformer Workout, DVD and Workshop
- Creator of Advanced Business Workshop for the Studio Owner
- STAGES guest speaker 2021 Podcast
- kellipsce@gmail.com (818) 231-0226

Dr. Andromeda Stevens, D.C., NPCP

Andromeda became a Doctor of Chiropractic inspired by her own scoliosis condition. After becoming Pilates educated, she co-founded PSC, to provide the highest standard of excellence in Pilates and Barre education.

Her credentials include:

- Cleveland Chiropractic College of LA 1996
- Cox Flexion/Distractor Technic® Certified
- PSSE Level I Certified Schroth Technique
- Schroth Best Practice® Advanced Certified Scoliosis Practitioner Level I & II www.ScoliosisCoach.com
- BSPTS Concept by Rigo Basic Level 1-3 Certified
- Integrated Flexibility Training - Sports Club/LA
- BalletCore® Certified
- Massage Therapist - Touch Therapy Institute
- Nationally Certified Pilates Teacher (NPCP) "Gold Certified"
- Co-Creator of the Burn at the Barre™ Workout, DVDs and Teacher Training Program
- Board Of Directors - The Pilates Initiative
- ScoliosisCoach@gmail.com 818 970 1222
- <https://linktr.ee/scoliosiscoach>

For information on PSC's Master Teacher of the Program, please visit our Web Site or see the PSC Host Studios and Affiliates link in this brochure



Kelli Altounian and Andromeda Stevens

Shared Credentials include:

- Founders of Pilates Sports Center, Inc.
- Creators of the PSC Pilates Teacher Training Program and PSC International Master Training Program
- Produced and Created 14 DVD titles
- Written or co created over 25 workshops with continuing education credits
- Pilates On Tour Presenters 2010-11 & 2012
- Body Mind Spirit Presenters 2007 & 2008
- Inner IDEA Presenters 2011
- Mad Dogg WSSC Presenter 2013
- MindBody Fit Pro Presenter 2013
- Human Movement Conference 2019
- Co-Creator Pilates Expo Los Angeles 2010-14
- Master Teacher Teacher for Reebok Sports Club/NY 2007
- PMA CEC Provider™
- Graduates of Advances in Pilates - Long Beach Dance Conditioning
- CPR / First Aid Certified
- Co-Creator [Pilates Sports Center Channel / Membership](#)



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**FOR FULL BIOS ON ALL
 INSTRUCTORS -**

VISIT OUR WEB SITE

WWW.PILATESSPORTSCENTER.COM

[LOCATIONS WORLDWIDE](#)

NATIONWIDE RATES

location rates may vary -
 please inquire

Comprehensive Program:
 \$6,900.00 (Mat & Apparatus)

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Studio

Pilates Sports Center

Contact

Pilates Sports Center
16430 Ventura Blvd Suite 108,
Encino CA 91436

www.PilatesSportsCenter.com

Studio: 818 788 8112

Call or Text: 818 970 1222

PilatesSportsCenter@gmail.com

<https://linktr.ee/scoliosiscoach>

Instructor Information

Dr. Andromeda Stevens, D.C.
NPCP ID: 10112

BURN AT THE BARRE™ Master
Trainer

PRIVATE PROGRAMS
ARE AVAILABLE!



WEST COAST

Dr. Andromeda Stevens, D.C., NPCP

Andromeda became a Doctor of Chiropractic inspired by her own scoliosis condition. After becoming Pilates certified she co-founded PSC, to provide the highest standard of excellence in Pilates and Barre education. Her credentials include:

- Cleveland Chiropractic College of LA 1996
- PSSE Schroth Certified
- Schroth Best Practice® Level I & II Certified Scoliosis Practitioner www.ScoliosisCoach.com
- BSPTS Basic Level Schroth Certified
- Cox Flexion/Distracton Technique Certified
- Integrated Flexibility Training - Sports Club/LA
- BalletCore® Certified
- Massage Therapist - Touch Therapy Institute
- NPCP "Gold Certified" Teacher™
- Co-Creator of the Burn at the Barre™ Workout, DVDs and Teacher Training Program
- Board Member - The Pilates Initiative
- ScoliosisCoach@gmail.com 818 970 1222
- <https://linktr.ee/scoliosiscoach>
- Founder of Pilates Sports Center International, Inc.
- Co-Creator of the PSC Pilates Teacher Training Program and PSC International Master Training Program
- Co-Produced and Created 14 DVD titles
- Co-Wrote or co created over 20 workshops with continuing education credits
- Pilates On Tour Presenter 2010-11 & 2012
- Body Mind Spirit Presenter 2007 & 2008
- Inner IDEA Presenter 2011
- Mad Dogg WSSC Presenter 2013
- MindBody Fit Pro Presenter 2013
- Human/Movement Conference Presenter
- Co-Creator Pilates Expo Los Angeles 2010-14
- Master Teacher Trainer for Reebok Sports Club/NY 2007
- Pilates Method Alliance Corporate Sponsor 2010
- Participant: PMA Fostering Future Professionals Program™
- NPCP/PMA CEC Provider™
- Graduate of Advances in Pilates - Long Beach Dance Conditioning
- CPR / First Aid Certified



Photo: K. Rapoport <http://krapoport.com>



Studio

Pilates Sports Center

Address

Pilates Sports Center
16430 Ventura Blvd Suite 108,
Encino CA 91436

Instructor Information

Helena Hultberg Talman
NPCP ID: 1061

BURN AT THE BARRE™ Master
Trainer

Contact

www.PilatesSportsCenter.com

Studio: 818 788 8112

PilatesSportsCenter@gmail.com

(323) 252-0605

helenatalman09@gmail.com

[https://www.instagram.com/](https://www.instagram.com/talmanhelena/?hl=en)

[talmanhelena/?hl=en](https://www.instagram.com/talmanhelena/?hl=en)



Helena Hultberg Talman:
Nationally Certified Pilates Instructor

Helena comes to the States from her home in far away Sweden. A graduate from the Ballet Academy in Stockholm Sweden, she came to the United States to pursue her career as a professional dancer. She did just that, having performed in film, television, and numerous theatrical productions, and in fact, nearly kicked herself to death, as an 8-year member of The Radio City Rockette's. Helena was introduced to Pilates by a dancer friend, and found the training immediately gratifying. Never before had she felt such a connection from the inside out. She was also taken by how easily the technique could be applied to every type of person, with every type of body type, and fitness back ground. A natural body-work and massage therapist Helena soon decided to begin training to be a teacher of Pilates, and has since become a very proud Master Trainer of the Pilates Sports Center Teacher Training Program.



- Graduate Ballet Academy, Stockholm Sweden
- California College of the Healing Arts, LMT 1999
- Core Conditioning Pilates Instructor Cert., Studio City, CA 2003
- PSC – Master Teacher Training Program, Encino, CA 2005
- PSC – Burn at the Barre™ Master Teacher Trainer
- AFTA Certified Personal Trainer
- IDEA Member
- Pilates Method Alliance Individual Member™
- International Massage Association Member
- CPR / First Aid Certified
- Featured in PSC's "Advanced Split Pedal Workout" DVD
- Co-Creator and featured in PSC's "The Cardio Springboard/Tower Workout" DVD & PSC's "Burn at the Barre Workout" DVDs
- Co-Creator of Pilates Sports Centers Burn at the Barre Teacher Training Programs (Level I & II)
- Yoga & Zumba Certified



CEC
PROVIDER



Location

Santa Clarita, CA & Franklin
NC

Studio

Pilates Training Company

Address

26267 Prima Way, Santa
Clarita, CA 91350

Contact

Megan Drake
(661) 406-8312

EMAIL:

pilatestrainingco@gmail.com

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[pilatestrainingco](https://www.facebook.com/pilatestrainingco)

IG: [@pilatestrainingco](https://www.instagram.com/pilatestrainingco)

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WEB:

[www.pilatestrainingcompany.c](http://www.pilatestrainingcompany.com/link-in-bio)
[om/link-in-bio](http://www.pilatestrainingcompany.com/link-in-bio)

Instructor Information

Megan Drake
17244 NCPT #



Megan Kirk Drake, Nationally Certified Pilates Instructor

Megan is a PMA Certified Master Trainer with Pilates Sports Center, and also has a degree in Kinesiology with an emphasis in Exercise Science. A native of Los Angeles, California, Megan has trained the biggest names in Hollywood - old and young, of all abilities.

She found Pilates while cross training as a competitive and professional Irish dancer.

While touring the globe, she found it essential to balance her body with the many benefits that come along with training in Pilates. She later became a certified Irish dance teacher, or TCRG, and enjoys opportunities to help other Irish dancers cross train to keep their bodies in peak shape, and reduce the risk of injury with her program, Irish Dance Fit.

Throughout her years as a Pilates trainer, and now Master Trainer, she has enjoyed learning about all bodies. Megan is Burn at the Barre certified, and has a Level 2 Scoliosis specialization, as well as many other specializations: Pilates for Pregnancy, Common Problems and Pilates Protocols, Jump Board, Barrels, Small Apparatus, and more.

In addition to always continuing her education, Megan enjoys passing along her knowledge to those interested in going deeper into Pilates philosophy, and those looking to make a career out of teaching Pilates.



Location

Studio City, CA

Studio

Pilates Studio City

Address

11650 Riverside Drive
Studio City, CA
91602

Contact

Call (818) 509-0914
www.PilatesStudioCity.com
info@pilatesstudiocity.com
<https://www.youtube.com/user/pilatesstudiocity>
<https://twitter.com/PSCpilates>

Instructor Information

Lora Pavilack
NPCP ID# 10300

Jennifer Kornfeld
NPCP ID 12769
jenniferkornfeld@gmail.com

Lora Pavilack Nationally Certified Pilates Instructor

Lora has been dancing since she was three years old. When she became a professional dancer, she practiced Pilates to stay strong. She went on to dance as a Radio City Rockette in NYC for 9 years. During her very active entertainment career she never missed a show and remained injury free. She credits this to the attention she paid to posture and alignment. While still performing she began her studies and become a master teacher in the Pilates method through Pilates Sports Center as well as certified in GYROTONIC®, GYROKINESIS®, the Franklin Method, DaVinci Body Board and other body balancing disciplines. Since 2004 she has helped thousands improve their posture, strength and balance through movement studios. In 2004, Lora opened the doors to Pilates Studio City and now co-owns it with Nikki Alstedter. Her commitment to “core principles” continue to serve her well in other areas of her life – they make her a better surfer, hiker, skier, partner and mother. Lora’s mission is to help others enhance their well-being and vitality so they can stand tall and enjoy life to the fullest.



Her credentials include:

- * Pilates Instructor Certificate – Core Conditioning & Balanced Body University
- * Pilates Sports Center – Master Teacher Trainer
- * Level 1 & 2 Certified Instructor GYROTONIC EXPANSION SYSTEM® & Pre-Trainer
- * Level 1 Certified Instructor GYROKINESIS® & Pre-Trainer
- * Level 2 Certified Instructor of the Franklin Method
- * Pilates Method Alliance Certified, Studio Member & Educational Member
- * Preferred Trainer – Balanced Body
- * CPR / First Aid Certified
- * Bachelor of Science in Arts Management from Oklahoma City University

Jennifer Kornfeld Nationally Certified Pilates Teacher

Certificate of Completion with
Pilates Sports Center; 2010
Pregnancy and Pilates, Common Problems of the Spine; 2011
Shoulder Workshop, Scoliosis Workshop and Advanced Jump
board 2014
Pilates Sports Center Master Trainer Program



Location

Studio City, CA

Studio

Core Lotus

Address

Studio City, CA

Contact

mfelbinger@gmail.com

sarahskaer@gmail.com

Instructor Information

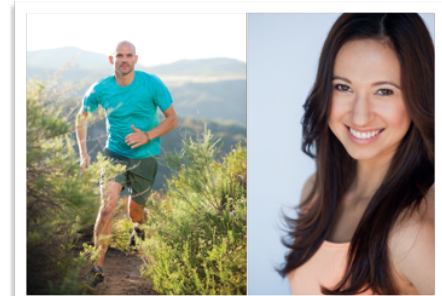
Michael Felbinger
NPCP ID: 13024

Sarah Skaer Teacher
NPCP ID: 13023



Mike Felbinger Nationally Certified Pilates Instructor

Mike has always had a calling to help others be, and feel the best they can within their own body. A natural athlete, Mike has been involved in sports and movement his entire life. He was introduced to Pilates in 1999 as a form dance conditioning. Mike is a popular Master Pilates teacher, Spin, and Run instructor in the Los Angeles area. He offers innovative, challenging classes, privates, and workshops that are infused with encouragement, fun, and intelligent focus. As an avid runner/ marathoner, Mike has also developed a Pilates regimen specifically to condition the runner's body. With a passion for training individuals to meet their individual goals, Mike excels at designing programs that are specified to overcome unique challenges. His sessions are upbeat, energetic, and positive. Mike is known for leaving his clients inspired and energized.



Sarah Skaer Felbinger Nationally Certified Pilates Instructor

Sarah Skaer is the Wellness Expert and multi-certified Teacher behind Core Lotus.

Raised in a Japanese and American household while living, teaching, and learning all over the world, Sarah learned young how to blend cultures and traditions to create something beautiful and new. It was her nomadic, unique upbringing, paired with her extensive training as a movement artist and all around creative that taught her how to blend her varied movement trainings and her creativity to design her Core Lotus classes and events.

Sarah empowers women all over the world, giving them the opportunity to find their inner and outer glow through her classes, lifestyle newsletters, special events, and an unique, supportive online community, the Core Lotus Tribe.

Instructor Information

.....
Marcy McCusker
NPCP ID# 13549

Call or Text: 818-731-1633

Email:
pilatesbymarcy@gmail.com

Web:
[https://
www.pilatesbymarcy.com/](https://www.pilatesbymarcy.com/)

IMDB:
[https://www.imdb.com/name/
nm1878910/](https://www.imdb.com/name/nm1878910/)

Twitter
[https://twitter.com/
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MccuskerMarcy](https://twitter.com/MccuskerMarcy)

YouTube
[https://www.youtube.com/
@pilatesbymarcy9838/about](https://www.youtube.com/@pilatesbymarcy9838/about)

Marcy McCusker Nationally Certified
Pilates Instructor

Training/Certifications:
Pilates Sports Center - 2005
Pre/Post Natal - 2007
Pilates Sports Center 2011 Expo:
Common Problems of the Shoulder &
Scoliosis
Master Pilates Sports Center Trainer 2014



Marcy McCusker is a classically trained dancer and was first introduced to Pilates mat work at a young age as a tool to further her study of dance. After beginning her professional dance career, she suffered a severe ankle injury and was re-introduced to Pilates as a rehabilitation tool and is now hooked for life! She was educated by Pilates Sports Center (2005) and went on to become one of their Master Trainers. Marcy helped open and establish Pilates Studio City Annex in Valley Village, CA and holds a PSC Pilates Teacher Training course annually in Beverly Hills, CA. She specializes in working with Pre & Post-natal clients and was invited to be a guest instructor at the Poppy Farmhouse Pilates & Cooking Retreat in Asti, Italy. Marcy believes strongly in the vast benefits of Pilates for people of all walks of life, fitness level and age.

Location

Beverly Hills, CA

Studio

Align Pilates

Contact

310 - 854 - 0950

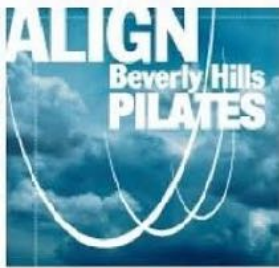
<http://www.alignbhpilates.com>

alignbhpilates@gmail.com

Instructor Information

Julie Amick

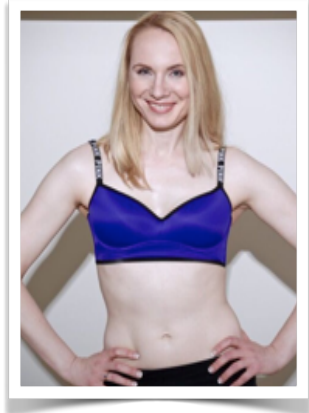
NPCP ID: #15523



Julie Amick Nationally Certified Pilates Instructor

Pilates prenatal/postnatal certified
Certified Gyrotonesis® Technique
Studio owner.

Julie is a classically trained ballerina /dancer with credentials from some of the most prestigious schools and theaters in the US and abroad including: BFA Graduate from North Carolina School of the Arts, The London Contemporary Dance Company, full Scholarship to the American Dance Festival at Duke university and the Tisch School of the Arts. She is recognized as one of the most versatile Pilates instructors in Los Angeles. Julie received her Pilates training under the tutelage of first-generation Pilates elder, Romana Kryzanowska, and was certified by Power Pilates in New York. With over two decades of teaching both east coast and west coast styles of Pilates, Julie founded her own studio to combine the best of both methods along with her dance background to create a powerful and unique workout. In the winter of 2017 she became a Pilates Master Trainer through the Pilates Sports Center to bring professional Continuing Education and Pilates Certifications to Align. Julie is also a Certified Pre/Post Natal Pilates Instructor through Jennifer Gianni. This certification has inspired Julie to continue her education in Rebozo (Mexican Scarf technique used by mid wives) and Doula techniques. Working with prenatal clients has been her passion for close to ten years now. Julie specializes in working with prenatal clients with special circumstances including multiples, pre-eclampsia, gestational diabetes, breech, back issues, multiple sclerosis, high blood pressure, autoimmune disorders and prolapse of the pelvic floor fascia. She has also created a postnatal Pilates rehab program to help new moms recuperate and recover from diastasis recti and pelvic floor fatigue. In addition to new and expectant mothers, Julie works daily with senior clients helping them to stay flexible, strong and fit and specializes in lower back and abdominal rehab for all ages.



Location

Redondo Beach, CA

Studio

Shape Shift Pilates Studio

Address

730 S. Pacific Coast
Highway Ste. 101
Redondo Beach Ca
90277

Contact

(310) 378-4455

shapeshifttraining@gmail.com
e.a.lutz13@gmail.com

www.shapeshiftpilates.com

[https://www.instagram.com/
ShapeShiftPilates/](https://www.instagram.com/ShapeShiftPilates/)

[https://www.facebook.com/
ShapeShiftPilates](https://www.facebook.com/ShapeShiftPilates)

Instructor Information

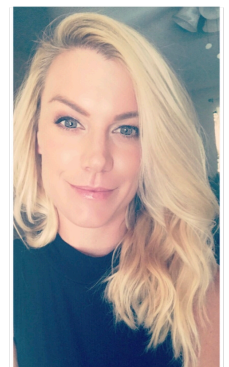
Gina Brutti
NPCP ID# 13548
&
Erin Lutz

**Gina Brutti Nationally Certified Pilates Instructor**

Gina is a Nationally Certified Pilates Instructor who began her Pilates career in 2005. She completed her comprehensive teacher training course at Long Beach Dance Conditioning in 2007 she continued her education and became trained in Pregnancy and Post-Pregnancy Pilates under the guidance of Jennifer Gianni. In February 2014, Gina achieved her long-time personal goal of becoming a Master Trainer through Pilates Sports Center. Gina now directs the Pilates Sports Center teacher training program at Shape Shift Pilates. She also holds a B.A. in English Literature from CSU Long Beach. Gina began teaching Pilates because she believes that movement and body awareness can have a powerful impact on our lives. She has seen and felt, first-hand, how Pilates can transform both the body and the mind and lead the way to a more healthy and active lifestyle overall. She hopes to pass on this passion to both her clients and to a future generation of Pilates instructors.

**Erin Lutz**

Erin is a Pilates instructor who began her career in 2011. She completed her comprehensive teacher training course at Pilates Sports Center. Erin also graduated from California State University, Long Beach and holds a BA in English literature. Erin's interest in Pilates came after a bad ankle injury that ended her soccer career. After extensive physical therapy, she was introduced to Pilates through a friend and used it to strengthen her ankle as well as condition and strengthen her whole body. She fell in love with the way it made her body feel and look. She knows that Pilates creates body awareness unlike any other exercise and that can have a positive and powerful impact on our lives. Erin has seen and felt, first hand, how pilates can transform and train both the body and mind. Erin believes pilates is an exercise for life! She hopes to pass on this passion and love for Pilates to her clients.



Location

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Culver City, CA

Studio

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Territory Available

Address

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Contact

.....

Instructor Information

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Territory OPEN and Available

Location

San Diego/Poway, CA

Studio

Propel Pilates

Address

13319 Poway Rd
Poway CA 92064

Contact

858-673-4455

858-829-5832

www.PropelPilates.com

rickettkaren@yahoo.com

<https://twitter.com/propelpilates>

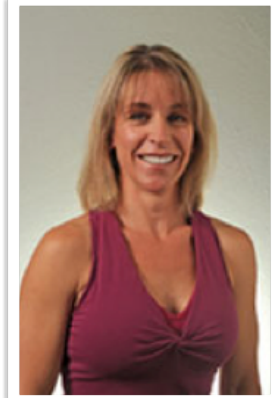
[https://www.facebook.com/
propelpilatesandfitness](https://www.facebook.com/propelpilatesandfitness)

Instructor Information

Karen Rickett
NPCP ID# 12578

**Karen Rickett, Nationally Certified
Pilates Instructor**

Karen is a Registered Dietitian, Pilates Instructor and Personal Trainer. She has been working in the health and fitness industry for over 25 years and practicing as a Registered Dietitian for 18 years. Karen holds a Master of Science in Nutrition and is a nationally credentialed Registered Dietitian through the American Dietetic Association. Karen holds a comprehensive Pilates certification through The PhysicalMind Institute headquartered in New York and a personal training certification through the Aerobic and Fitness Association of America. She is also a Johnny G certified spin instructor.



Riverside, CA
Temecula, Menifee, Riverside,
Arlington, Canyon Crest,
Murietta

Studio

The Pilates Co.

Contact

Multiple locations:

[https://www.thepilatesco.com/
contact/](https://www.thepilatesco.com/contact/)

<https://www.thepilatesco.com>

Tricia Hill
pilatesgirl@hotmail.com
+1 (951) 640-4630

Tricia Hill

Tricia Hill began practicing Pilates in 2001 and fell in love with the controlled movement, strength training and mind-body connection. She received her Pilates certification from Body Arts and Science in 2004 and has been teaching ever since. In 2009, she completed a Master certification through Pilates Sports Center and began teaching one of the first Pilates Teacher Training programs in the Inland Empire. She is also certified in Pre and Post Natal Pilates through Fusion Pilates. Tricia brings to her students a passion for movement and wellness that comes through in her inspiring teaching style.



Location

Upland, CA

Studio

The Claremont Club

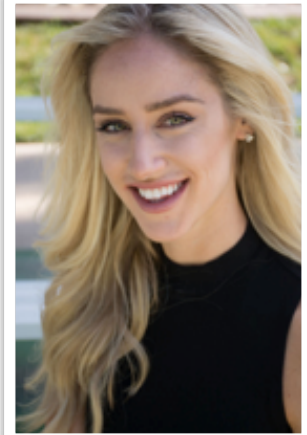
Address1777 Monte Vista Avenue
Claremont, California, 91711**Contact**

909-625-6791 ext. 250

lvenger@claremontclub.com[https://www.claremontclub.com/
pilates/](https://www.claremontclub.com/pilates/)FB: [https://
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TheClaremontClub](https://www.facebook.com/TheClaremontClub)IG: [https://
www.instagram.com/
theclaremontclub/](https://www.instagram.com/theclaremontclub/)**Instructor Information**Layne Garner
NPCP ID#**Layne Garner** Nationally Certified
Pilates Teacher

Layne started her career in the fitness industry as a group exercise instructor. While teaching, she quickly discovered her passion for Pilates. Layne became a fully certified STOTT Pilates Instructor, and continued her education through PSC, Pilates Sports Center, and is now a Master Instructor Trainer which allows her to certify other fitness professionals as Pilates Instructors. Her focus while training clients is to always give a motivating, form focused, personalized, and of course fun workout that will be continuously challenging to help her clients reach their desired results.

- PSC Master Pilates Instructor Trainer
- STOTT Pilates Instructor
- Burn at the Barre
- TRX
- CPR & AED Certified



Location

Camarillo, CA

Studio

Pilates Body Art Fitness

Address

212 Village Commons
Blvd. Suite 11 & 13
Camarillo, CA 93012

Contact

1.805.409.9433

victoria.pilatesbodyart@gmail.com

<https://pilatesbodyart.net/>

[https://www.facebook.com/
PilatesBodyArtFit/](https://www.facebook.com/PilatesBodyArtFit/)

[https://www.instagram.com/
pilatesbodyartfitness/](https://www.instagram.com/pilatesbodyartfitness/)

linktr.ee/pilatesbodyartfitness

Instructor Information

Victoria Haijazin
NPCP ID#



Victoria Haijazin

Fitness has always been a big part of my life, before and after the birth of my 3 beautiful daughters. Fitness is what makes me stronger and feel better all around. I have been helping to motivate and shape men and women's bodies and minds for over 13 years. I am certified with Physical Mind Institute, which was the first national organization to offer a Pilates education certifications. As well as certified with Health And Fitness for Pilates and Weight Training and recently completed my new certification with Pilates Sports Center. I am also a member with Pilates Method Alliance.



Location

Knoxville, TN

Studio**Address**

The Guild Pilates Plus - Knoxville,
TN
3337 Sutherland Avenue
Knoxville, TN

Contact

(310) 686-6267

susieg@trainingbysusieg.com<http://trainingbysusieg.com>susiegorman@msn.com**Instructor Information**

Susie Gorman Green
NPCP ID# 14397

Susie Gorman Green Nationally Certified
Pilates Instructor

A native of Tennessee, began her career as a health and fitness professional in 1988. For twelve years, she worked for the Tennessee Men's Athletic Department. During this time, Susie received her Master of Science in Human Performance and Sport Studies from the University of Tennessee. While in graduate school, she increased her knowledge of personal training by apprenticing with a highly skilled fitness instructor. Additionally, she taught Kinesiology classes for the Exercise Science Department, adjunct, during her stint at UT. In 1991, she taught and certified personal trainers and group exercise instructors for the American Aerobics Association International (AAAI/ISMA). To this day, Susie is still an AAAI/ISMA Master Teacher Trainer and ACE Continuing Education Specialist teaching students nationally and internationally.

**EDUCATION:**

- Master's of Science University of Tennessee, Human Performance and Sports Studies

CERTIFICATIONS

- Pilates Teacher – Pilates Sports Center – Pilates Sports Center
- Nationally Certified Pilates Teacher – NCPT – 2015
- Master Pilates Teacher Trainer – Pilates Sports Center – 2017
- Mat Pilates and Small Apparatus – Balanced Body
- HKC Kettlebell Instructor – Russian Kettlebell Certification
- Personal Fitness Trainer – Expert – AAAI/ISMA
- Yoga Teacher – AAAI/ISMA
- Johnny G Spinning Instructor – Madd Dogg Athletics

ADVANCED ACCREDITATIONS

- Common Problems in The Pilates Studio – Pilates Sports Center
- Scoliosis and Protocols in The Pilates Studio I & II – Pilates Sports Center
- Core Align 1 – Balance Body
- Breathing for Life – The Franklin Method
- Sports Nutrition – AAAI/ISMA
- Older Adult – AAAI/ISMA
- Pre and Post Natal Pilates – Mittra Teacher Training

Location

Santa Barbara, CA

Studio

Arlunviji Transformative
Movement

Address

300 E. Canon Perdido Suite
A-1
Santa Barbara, CA 93101

Contact

(805) 682-2491

www.arlunviji.com

info@arlunviji.com

[https://www.instagram.com/
nikkialstedter/](https://www.instagram.com/nikkialstedter/)

Instructor Information

Nikki Alstedter
NPCP ID# 10623



Nikki Alstedter Nationally Certified Pilates
Instructor

Nikki first came to the practice of Pilates as a professional dancer and massage therapist in 1997. The Pilates principles of posture and dynamic alignment presented an arena of vast healing potential and transformation that guided her educational path and experience. In 2000 she became a Chiropractic assistant and apprenticed for four years, mastering an energetic healing system called Quantum Kinetics. This gentle hands-on approach utilizes the body's electrical and myofascial system in relation to structural stability and wellness. This experience gave her a unique understanding of the body's integral system of healing within a clinical setting. Nikki is dedicated to inspiring intelligent movement that integrates and awakens awareness to enhance the quality of LIFE.

Her credentials include:

- Advances in Pilates Instructor Certification at Long Beach Dance Conditioning 1998
- Pilates Sport Center – Master Teacher Trainer
- Certified Blue belt trainer of the Nia Technique ®
- Level 1 & 2 Certified Instructor of GYROTONIC EXPANSION SYSTEM®
- Level 1 Certified Instructor of GYROKINESIS®
- Level 1 Certified Instructor of the Franklin Method
- Pilates Method Alliance Educational Member
- Massage Therapist & Cranial Sacral Therapist
- QRA Nutrition Practitioner
- Preferred Trainer – Balanced Body
- Studio Member – Pilates Method Alliance
- CPR / First Aid Certified



Location

Carlsbad, CA

Studio

Enhanced Health & Fitness

Address

6120 Paseo Del Norte H-1
Carlsbad, CA 92011

Contact

760-930-1230 (Studio)
760-271-4597 (Cell)
<http://www.ehfpilates.com>

natalie@ehfpilates.com

[https://
www.instagram.com/
ehfpilates/](https://www.instagram.com/ehfpilates/)

Instructor Information

Natalie Walker
NPCP ID# 15501



Natalie Walker Nationally Certified
Pilates Instructor
B.A. S.D.S.U. Studio Director
and PSC Master Trainer

In 1988, Natalie suffered a severe knee injury (shattering her patella) and was told that she would never run or jump again. After years of living a sedentary lifestyle, she decided to empower her life with education in kinesiology and exercise physiology.

Natalie began teaching group exercise formats like Step, Body Pump and Spinning and became a Certified Personal Trainer in the 90's. From her first private session, she knew Pilates would sustain her fitness level, without causing greater problems to her joints. Natalie returned to school to enter the Doctorate of Physical Therapy Program at L.L.U. While completing her observation hours at Scripps Hospital, Encinitas CA (P.T. department), she realized how beneficial Pilates can be for those with injuries and decided to pursue a career in Pilates. Natalie has worked with a vast array of individuals, many with severe physical limitations and has become very intuitive in aiding the rehabilitation process. Natalie received her mat work certification through the Physical Mind Institute in 2002 and completed her teacher training course from the Long Beach Dance Conditioning program a year later. She continues to further her education at the university level, in addition to attending workshops in the fields of Pilates and rehabilitation. She is an avid cyclist and includes regular Pilates to complement her commute to the office and long weekend rides for a fit, flexible and healthy body!



Location

San Francisco, CA

Studio

Soulful Pilates

Address

1501 Waller St., San
Francisco, CA 94117

Contact

(415) 806-1589

www.SoulfulPilates.com

info@SoulfulPilates.com

<https://>

[www.instagram.com/](https://www.instagram.com/soulfulpilatessf/)

[soulfulpilatessf/](https://www.instagram.com/soulfulpilatessf/)

<https://>

[www.facebook.com/](https://www.facebook.com/SoulfulPilatesSF)

[SoulfulPilatesSF](https://www.facebook.com/SoulfulPilatesSF)

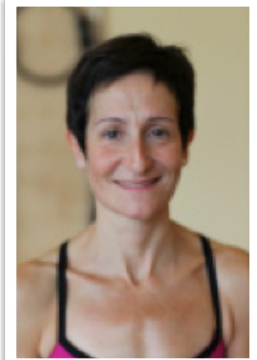
Instructor Information

Veronique Dumont-Thoma
NPCP ID#



Veronique Dumont-Thoma

Véronique focuses on helping students build strength, gain freedom of movement through improved flexibility and balance, while keeping classes dynamic and challenging. She has enhanced her training by learning from renowned bodywork experts like Eric Franklin and is also a Balanced Body University Pilates Instructor through this internationally recognized program. Véronique expanded her knowledge through an intensive Pre and Post-Natal pilates training program with Stephanie Forster. By 2012, she became a certified CoreAlign instructor in all three levels and integrates this natural movement system into her private pilates instruction. She completed the Pilates Sport Center (PSC) Barre training in 2012 and most recently became a Master Teacher Trainer from the PSC's Pilates Master Teacher Training Program. Véronique is a Nationally Certified Pilates Instructor.



Location

Sacramento/Granite Bay, CA

Studio

MB Studio

Address

8288 Twin Rocks Road
Granite Bay Ca 95746
(Sacramento, CA)

Contact

Mary Stabbert Blair
916-390-1996

mbpilates@yahoo.com
<https://mbstudio.space/>

Instagram- @pilatesbymaryblair
<https://www.instagram.com/pilatesbymaryblair/>

<https://www.youtube.com/channel/UCLZh8cLsZFPrQE19mjRoxrw>

Mary Blair Stabbert

Mary is a Comprehensive Certified Pilates Instructor and has been teaching for over 11 years. After opening her own studio in 2018 she has become an advocate for the Pilates method in her community.

She has a passion for working with all levels of clientele including prenatal/postnatal, post-rehabilitation, and fitness enthusiasts. Whether you are brand new to Pilates or have been training for years, Mary knows that there is always more to learn from this incredible form of movement. Mary has continued to educate herself through workshops and trainings over the years. She has taught classes for many studios in her area including: group mat and apparatus, barre, and private sessions. "Pilates has transformed the way I think about movement and posture. It has built in me a fortitude that I didn't know I had. I will never grow tired of sharing this passion with others. Pilates is not just exercise. It is a lifestyle." When she is not at the studio, Mary loves spending time with her husband Daniel, son Beckham (8), and daughter Shiloh (5).



- Certified Balanced Body Comprehensive Instructor
- PMA member
- CPR Certified
- Owner of MB Studio

Location

Bakersfield, CA

Studio

Poise Pilates+Barre

Address

1800 21st Street, Suite A
Bakersfield, California

1800 21st Street, Suite A
Bakersfield, California

Contact

Callie Jenkins

(661) 864-7977 (studio)

(661) 343-1007 (cell)

[http://www.poisepilatesbarre.com/
contact/](http://www.poisepilatesbarre.com/contact/)

callie@poisepilatesbarre.com

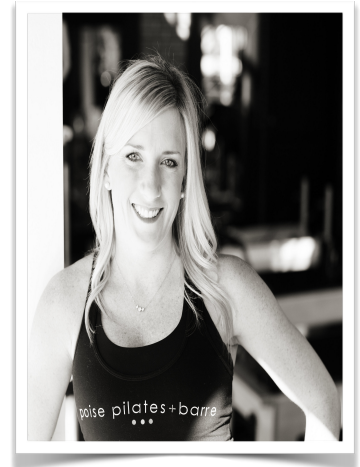
FB: [https://www.facebook.com/
poisepilatesbarre](https://www.facebook.com/poisepilatesbarre)

IG: @poisepilatesbarre

[https://www.instagram.com/
poisepilatesbarre/](https://www.instagram.com/poisepilatesbarre/)

Callie Jenkins

Callie Spitzer Jenkins, owner and co-founder of Poise Pilates+Barre, is a Body Arts & Science International (BASI) certified Pilates instructor, as well as a Burn at the Barre® and TRX certified instructor. Coming from a cheerleading background of over 12 years, she began taking Pilates in 2005 and has not stopped. Callie is passionate about teaching others, allowing them to fall in love with the exercise and body awareness that Pilates has to offer. In 2012, the opportunity to fulfill her Pilates dream of opening a studio in her hometown came true! Callie holds a Bachelor of Arts degree in Communication from California State University, Long Beach.



Location

Las Vegas, NV

Studio

Body Balancing by
Darcie Pilates Studio

Address

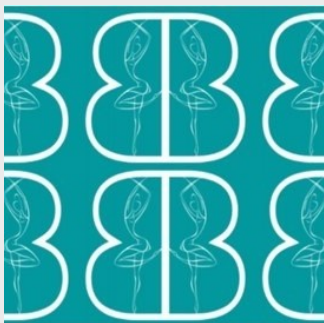
10896 Wallflower Ave
Las Vegas, Nevada
89135

Contact

702-497-5827
BBbyDarcie@gmail.com

[https://www.facebook.com/
BodyBalancingbyDarcie/](https://www.facebook.com/BodyBalancingbyDarcie/)

Instructor Information
Darcie Osborn
NPCP ID #15433

**Darcie Osborn Nationally Certified
Pilates Instructor**

Darcie is trained in the method of Pilates at University Las Vegas Nevada under Dolly Kelepecz, faculty of the Dance Medicine Dept.

She has continued her education in Pilates fitness and Physical rehab through workshops and advanced certifications with master educators such as Brent Anderson, Elizabeth Larkam, Mari Windsor, Trent McIntire and others.

Darcie has worked as a Pilates coach for Cirque du Soleil on shows, Ka, Love, Zumanity and others. She spent 5 years as a faculty member at the College of Southern Nevada, designed curriculum for the Pilates Fitness Course and lecture for the physical therapy assistant program on the benefits of Pilates in the PT environment.



Location
.....

Bellevue, WA

Studio
.....

Bellevue Club /
Energize Pilates

Address
.....

11200 SE 6th St.
Bellevue, WA 98004

Contact
.....

(206) 713-6196
www.EnergizePilates.com
EnergizePilates@gmail.com
[https://www.instagram.com/
nancyblack1245/](https://www.instagram.com/nancyblack1245/)

Instructor Information
.....

Nancy Black
NPCP ID: 13645

Nancy Black Nationally Certified Pilates Teacher

I became an Authentic/True Pilates Instructor in 2003 through Romana's Pilates and in February 2014, a Master Trainer through Pilates Sports Center. I look forward to sharing my knowledge, experience and passion of the method teaching future Pilates Instructors and continue to expand my knowledge base to stay current and be an effective and motivating instructor to my clients. In addition to being a Pilates Instructor, I am a certified Booty Barre Instructor and a level 3 Heart Zones Trainer, both of which I teach on a regular basis.



Location

.....
East Central, WA

Studio

.....
Sevilla Bodyworks

Contact

.....
509-994-8109

maria@sevillabodyworks.com

www.sevillabodyworks.com

IG: <https://www.instagram.com/pilatesmaria/>

FB: <https://www.facebook.com/sevillabodyworks>

Instructor Information

.....
Maria Sevilla
NPCP ID: 11536

**Maria Sevilla** Nationally Certified Pilates Instructor

Maria was introduced to Pilates in 2000. Soon after enrolling in group reformer classes, she became dedicated to the Pilates method as her only workout regime. After several classes her love of the work grew and her dedication to bringing it to others became her career focus. She received her certification under Ivan Dahl's International Pilates

Certification program and she began teaching in Los Angeles, California.

Returning to her hometown of Spokane, WA, Maria opened The Pilates Life in January of 2005, and continued her education under the tutelage of master teacher Elizabeth Jones-Boswell who specializes in rehabilitation Pilates. She has had 2 successful pregnancies while doing Pilates and believes it's essential for pregnant women to stay healthy to aid the body in recovery after birth. Her philosophy is to help her clients re-discover their bodies. "It not only teaches you how to move more efficiently but creates a more uniform body...The overall affect is life changing."

Her credentials include:

PSC – Master Teacher Trainer

Pilates Method Alliance Certified

Pilates Teacher International Pilates Certification – Teacher Training program

IDEA Member



Location

Houston TX

Studio

My Well Balanced Life

Address

10215 Del Monte Drive
Houston TX 77042
850-499-8243

Contact

www.mywellbalancedlife.com
mywellbalancedlife@gmail.com

<https://www.instagram.com/mywellbalancedlife/>

mywellbalancedlife.com/amandas-links

<https://twitter.com/mywblife/>

<https://www.facebook.com/mywellbalancedlife/>

Instructor Information

Amanda Koch
NPCP ID: 12486

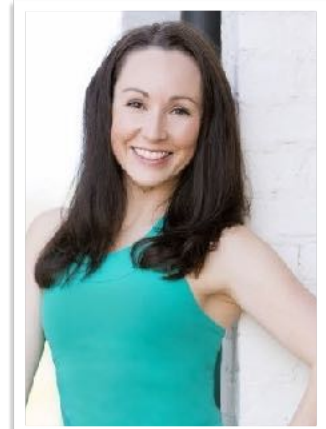


CENTRAL

Amanda Koch Nationally Certified Pilates Instructor

I am a Pilates Master Trainer, and that means I get to educate people about this amazing bodywork as well as train others to be instructors of the Pilates method. I have almost 15 years of teaching under my belt, but there is always more to learn. If you want specifics, I am a Master Trainer of Pilates and Barre for the Pilates Sports Center, I completed my original training with the PhysicalMind Institute, and I am a Nationally Certified Pilates Instructor. My most recent endeavor has been flying into the aerial world as an Aerial Fitness Trainer for AIR®.

I am a certified Nutritional Therapy Consultant, and that means I get to help people restore their bodies to health through nutrition and whole foods. As someone who has been through my own health journey which included years of infertility, miscarriages, anxiety, panic attacks, and chronic pain, I know firsthand the importance of learning how to bring your body to a healthy place. Along my journey of healing, I spent about three years switching over all of our personal care products to be as clean and toxic-free as possible. After so much trial and error, I finally found a company that has done most of the work for me. Beautycounter is a B Corps which has chosen to eliminate over 1500 possibly harmful chemicals, batch tests all their products for heavy metals, and is working hard to get safer products into the hands of everyone. Since the mission aligns so much with what I do as a nutritional therapist, I teamed up with Beautycounter so I can educate more people about the need for products which are not harmful and detrimental to the health our bodies. If I can help people understand the importance of choosing safer products for themselves and their families, I will consider it a huge success.



Location
Scottsdale, North Central &
Arcadia, AZ

Remedy Pilates and Barre

Remedy Scottsdale
6949 E Shea Blvd #115
Scottsdale, AZ 85254
480-699-8160

Remedy Arcadia
3629 E Indian School Road
Phoenix, Arizona 85018
602-237-6489

Contact
602-549-6513 (cell)
kelly@remedypilates.com
hello@remedypilates.com
<https://www.remedypilates.com>
IG: [remedypb](#)
<https://www.instagram.com/remedypb/>

FB: <https://www.facebook.com/RemedyPilatesandBarre>

linktr.ee/Remedypilatesandbarre

Instructor Information
Kelly Snailum
NPCP ID#11159

BURN AT THE BARRE™
Master Trainer



MOUNTAIN

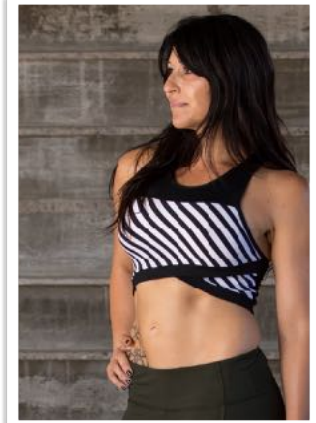
Kelly Snailum Nationally Certified Pilates
Instructor

Kelly is a Nationally Certified Pilates Instructor and Barre Teacher Trainer. She has been teaching Pilates since 2005 and opened Remedy Pilates and Massage in 2008. Kelly has been nominated two consecutive years as a top 10 Pilates Instructor by Pilates Anytime and Pilates Style Magazine and has been recognized across the Valley as an educator and advocate of the Pilates method.

As the depth of her practice grows, she continues to find the passion and power of Pilates each year. "I strive to constantly be creative and innovative with the tools we are fortunate enough to work with. I enjoy working towards all types of goals from movement to transformation and do my best to stay on top of current trends, injury prevention and common problems. I think a well-rounded instructor can take on all client cases if they are determined to educate themselves for the betterment of their client."

Kelly donates countless hours, hosts complimentary events and participates in charity auctions all over the Valley in hopes to spread the gift of Pilates and Barre. When she is not teaching Pilates, Barre or TRX, you can find Kelly training for her next marathon or summit challenge, hanging out with her family – Mason (10) and Dera Rae (8) and husband, Rick, or snuggling up with her two puppies, Iggy and Chance.

Pilates Method Alliance Certified Pilates Teacher™
Pilates Sports Center – Master Pilates Teacher Training Program
Pilates Sports Center – Master Burn at the Barre Program
Physical/Mind– Teacher Training Program
TRX Certified Trainer/Instructor
PiYO Certified Trainer
CPR/First Aid Certified



Location

Peoria, AZ

Studio

Pilates Sports Center
Int'l, Inc.

Address

24282 N. 78th Ave. Peoria
AZ 85383

Contact

Kelli Altounian
818 231 0226
kellipsc@gmail.com

Instructor Information

Kelli Altounian
NPCP ID: 10285

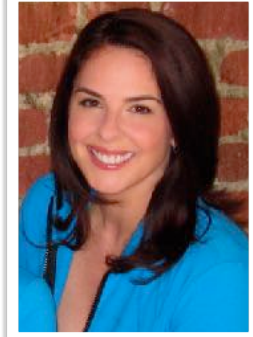
Joshua Smith
NPCP ID# 11369
jcane007@aol.com

Emily Rose Zachary-Smith
NPCP ID# 11941
EZROZE@aol.com



Kelli Altounian, NPCP

Kelli is the co-founder of Pilates Sports Center. She holds a BA from the University of OK, was a Radio City Music Hall Rockette and a professional dancer for over 15 years. Kelli became an advocate of pilates in 1994 and began teaching pilates in 2000. Quickly realizing her vision for Pilates Sports Center, she nurtured her passion for education and the desire to inspire others. Uniting her efforts with Andromeda, they have since created a Pilates Training Program of International Recognition. PSC's approach to education and post education continues to grow world-wide.



Her credentials include:

- Founder of Pilates Sports Center International, Inc.
- Co-Creator of the PSC Pilates Teacher Training Program
- Co-Creator of the PSC International Master Training Program
- Co-Produced and Created over 14 DVD titles
- Co-Wrote or Co-Created over 20 workshops and continuing education credits
- Stages Podcast guest speaker
- Co-Creator and *Presenter*: Pilates Expo Los Angeles for 10 years
- *Presenter*: Mad Dogg WSSC
- *Presenter*: MindBody Fit-Pro Conference
- *Presenter*: Balanced Body Pilates On Tour
- *Presenter*: Inner Idea Conference
- *Presenter*: Body Mind Spirit Expo
- Master Teacher Trainer for Reebok Sports Club NY
- Pilates Method Alliance Registry of Teachers
- Participant: PMA Fostering Future Professionals Program
- NPCP/PMA CEC Provider
- TRX® Suspension Training
- Balanced Body University - CoreAlign 1, Vertical Reality
- Nationally Certified Pilates Teacher (NCPT)
- Yamuna® Body Rolling Certification Program
- Certified Trainer recognized by National Endurance and Sports Training Association (N.E.S.T.A.) for Golf Conditioning
- Graduate of *Advances in Pilates* – Long Beach Dance Conditioning
- CPR / First Aid Certified
- Bachelor's Degree from the University of Central Oklahoma

Location

Peoria, AZ

Studio

Pilates Sports Center Int'l,
Inc.

Address

24282 N. 78th Ave. Peoria AZ
85383

Contact

Kelli Altounian 818 231
0226 kellipsc@gmail.com

Instructor Information

Kelli Altounian
NPCP ID: 10285

Joshua Smith
NPCP ID# 11369
jcane007@aol.com
[https://
www.instagram.com/
pilatesjosh/
https://
coretrainingtechniques.co
m/](https://www.instagram.com/pilatesjosh/)

Emily Rose Zachary-Smith
NPCP ID# 11941
Emily@CoreTrainingTechniques.com



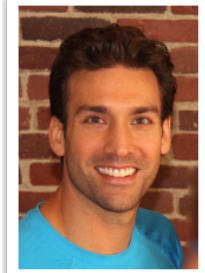
Joshua Smith Nationally Certified Pilates Teacher

Originally from Cleveland Ohio, Josh was extremely athletic, excelling in soccer, track & field, dance, and more. He has worked as a professional dancer, teacher, and choreographer. Josh got into Pilates years ago when his wife, Emily, suggested it. Being an athlete, the benefits of a stronger core, increased flexibility, and the mind body connection that Pilates offered was the perfect match.

Now, he enjoys helping clients and is dedicated

to training others to teach Pilates through the PSC Teacher Training programs.

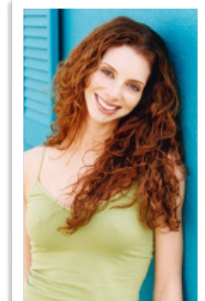
- Pilates Sports Center – Teacher Training Program & Masters Program
- Featured on PSC's DVD, the Jump Board Workout I & III
- Co-creator of PSC's "Jump Board Workout III – Cardio Pump", PHIT, "Advanced Cadillac Techniques" DVDs and the Pilates for Men series on You Tube
- Creator and featured in: PSC's DVD series, "Pilates For Men: 10-20-30 Challenge" and "PHIT"
- Creator and co-creator of numerous workshops
- Pilates Method Alliance Certified Pilates Teacher™ / IDEA member / CPR/First Aid Certified



Emily Rose Zachary-Smith Nationally Certified Pilates Teacher

Originally from Indianapolis, Emily began training at a young age for a career in dance, studying at Butler University, and professional studios in LA and NY. She has works throughout the U.S., and internationally as a professional dancer, teacher, and choreographer, performing in films, TV commercials, and theater. Emily was first introduced to Pilates on a trip to NY. She loved it and found the connection to her dancing instantly. Emily began taking Pilates on a regular basis to help her training and prevent injury. She was amazed at the results, and noticed some of her chronic problems were no longer an issue. Emily was also amazed with the overwhelming effects Pilates had during her pregnancy, labor, and postpartum. She is thrilled to be a part of the Pilates Sports Center team and the Teacher Training Program.

- Pilates Sports Center – Teacher Training Program & Masters Program
- Featured in PSC's DVD, the Jump Board Workout I and III, and Burn At The Barre
- Co-creator of PSC's "Jump Board Workout III - Cardio Pump"
- Co-Creator of "Advanced Cadillac Techniques" DVD
- Creator of "The Foam Roller Workout" and "Stretch and Stamina" DVDs
- Creator and co-creator of a variety of workshops
- IDEA member / CPR/First Aid Certified



Location

Ft Collins, CO

Studio

Raintree Athletic Club
Inside Out Pilates

Address

2555 S. Shields Street,
Fort Collins, Colorado
80526

Contact

(970) 218-6805
leecooper5@comcast.net

[https://
www.instagram.com/
raintreeathleticclub/](https://www.instagram.com/raintreeathleticclub/)

Instructor Information

Lee Cooper
NPCP ID# 12243



Lee Cooper Nationally Certified Pilates Teacher

Lee is a graduate of Physical Mind Institute and is currently working on further certification through Balanced Body University. Her passion is to study with and observe instructors from all venues and create positive, productive teaching techniques to pass on to colleagues and students. Prior to her profession in Pilates, Lee had a performing and teaching career in the dance field. She served on the faculties of both Colorado State University and The University of Northern Colorado where she developed a successful instructional curriculum for arts education. Currently, in addition to owning her own Pilates business, she is developing a teaching seminar for Pilates instructors called "The Art and Science of Teaching Pilates".



Location

Denver, CO

Studio

Pilates on Broadway /
Pillar of Strength

Address

1485 S. Colorado Blvd
#310
Denver, CO 80222

Contact

(720) 941-8971

www.PillarofStrengthStudio.com

sixfeetsarah@yahoo.com

[https://www.facebook.com/
PillarofStrengthStudio](https://www.facebook.com/PillarofStrengthStudio)

<https://twitter.com/PillarStrength>

[https://www.instagram.com/
pillarofstrength/?hl=en](https://www.instagram.com/pillarofstrength/?hl=en)

Instructor Information

Sarah Smysor-Panning
NPCP ID# 12227

**Sarah Smysor-Panning**

Nationally Certified Pilates Teacher

Pillar of Strength, LLC is owned and operated by Sarah Smysor Panning. Sarah's Pilates and GYROTONIC® training career began after working with two major league sports teams. Prior to becoming a studio owner she had been training clients for eight years at a Physical/Mind Institute certifying studio, where she also taught certification courses and mentored students.



Continuing education and specialized training adds to her Physical/Mind Certification. She most recently completed a Pre and Post Natal certification from The Center for Women's Fitness. Sarah's GYROTONIC® background started with training from Master Trainer, Lisa Marie Goodwin in 2001. Sarah completed her Level 2 GYROTONIC® course with Master Trainer Clyde Rae Jolie-Ashe in 2011. She has continued her education with Master Trainers, Juergen Bamberger and Angela Crowley. She loves to work with golfers and is certified in GYROTONIC® for golf.

Location

Cedar Falls, IA

Studio

NRG PILATES

Address

1250 College Square
Mall, Cedar Falls, IA
50613

Contact

(319) 269-3759

www.nrgpilates.net

nicky@nrgpilates.net

[https://www.instagram.com/
nrgpilatescf/](https://www.instagram.com/nrgpilatescf/)

linktr.ee/nrgpilates

Instructor Information

Nicky Miller
NPCP ID# 15129

**CENTRAL**

Nicky Miller Nationally
Certified Pilates Teacher



Nicky's teaching philosophy is simple. Have a great workout and have fun while you do it. This translates to each and every one of Nicky's classes and sessions. Nicky discovered her passion for Pilates in Boston, MA. While living in Rochester, NY, Nicky honed her craft at Pilates Plus, one of the areas premier studios. After several years in Rochester, Nicky and her husband Jack returned to the Cedar Valley and opened their own studio, NRG Pilates. Nicky is a member of the PMA.

Locations

Wichita, KS

WEST WICHITA
9099 W. CENTRAL AVE.
(316) 265-9700

EAST WICHITA
214 S. ROCK RD.
(316) 425-5554

Studio

Highway 54 Pilates

Contact

tel: 316-265-9700 (studio)
620-200-0815 (cell)
email:
amie@highway54pilates.com

<https://highway54pilates.com/psc-training/>

<https://www.instagram.com/highway54pilates/>

Instructor Information

Amie Ross
NPCP ID: 20595



CENTRAL

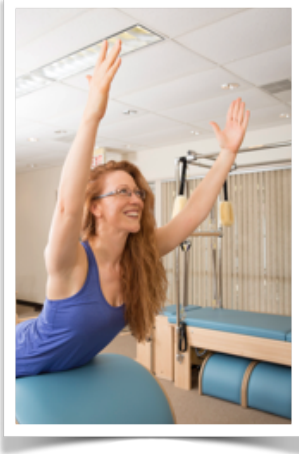
Amie Ross, Nationally Certified Pilates Teacher

Owner Amie Ross left a successful career in hotel management to pursue her passion for helping others live a healthy and pain-free life. After a severe car accident in 1997 left her in chronic pain and on high doses on pain medication for almost 10 years, she discovered Pilates and it has truly transformed her life! She is enthusiastically committed to helping others do the same.

In 2009 she embarked on her new journey to become a Pilates instructor with the goal of opening her own studio. And in February of 2014 she made that goal a reality.

She has continued to challenge herself to learn more to be able to help more people and pay it forward on a larger scale by becoming a PSC Master Trainer. Amie now has graduates from Kansas to Tennessee.

- PSC Master Teacher
- Nationally Certified Pilates Teacher
- Personal Best Pilates Instructor Academy Graduate
- Licensed GYROTONIC® Instructor
- Licensed GYROKINESIS® Instructor
- GYROKINESIS® Lotus Blossom Program 1 Certified
- GYROTONIC® Jumping Stretching Board Certified
- GYROTONIC® Level 2, Program 1
- Certified FXP® Fitness Hula Hoop Certified



Location

Prairie Village, KS

Studio

STUDIO 7 PILATES +
BARRE

Address

7500 State Line Rd.
Prairie Village, KS
66208

Contact

913.259.7005
info@studio7pilates.com

@studio7pilates_kc
SM: [https://
www.instagram.com/
studio7pilates_kc/](https://www.instagram.com/studio7pilates_kc/)

[https://www.facebook.com/
studio7pb](https://www.facebook.com/studio7pb)

Instructor Information

Jocelyn Cohenour

Jocelyn Cohenour

A Kansas City native, Jocelyn received her Bachelor of Science in Dance Management from Oklahoma City University and went on to pursue a career as a professional dancer. Jocelyn performed in Las Vegas with Siegfried & Roy, danced for Carnival Cruise Lines, and performed in 'Dino's Christmas Spectacular' in Branson, Mo. After injuring her back in 2006 and requiring a year of Physical Therapy and Pilates to strengthen her core and improve her overall joint stability, she returned to the stage and performed for two more years while practicing Mat Pilates on her own daily. After hanging up her dancing shoes in 2008 she received her Comprehensive Pilates Training from Personal Best Pilates Instructor Academy. She graduated from Penn Valley's Physical Therapist Assistant program in 2013 and is now a Licensed PTA for the state of Kansas. Jocelyn most recently became a Level One TRX® Suspension Training Certified Trainer.



Location

.....
Frisco, TX

Studio

.....
Reform & Ride Pilates
and Cycling Studio

Address

.....
1125 Legacy Drive,
Frisco, TX 75034

Contact

.....
972.576.7337

214.450.6336

www.reformandride.com

beverly@reformandride.com

seitzinger1@gmail.com

FB: [https://www.facebook.com/
reformandride](https://www.facebook.com/reformandride)

IG: [https://www.instagram.com/
reformandride_/
https://linktr.ee/ReformAndRide](https://www.instagram.com/reformandride_/)

Beverly Seitzinger

Beverly has worked in the fitness industry since 1995. She has a real passion for helping clients develop proper technique so they can master more challenging exercises and achieve their personal fitness goals.

She enjoys seeing the benefits Pilates can bring to anyone who wants to improve their level of fitness, from school-aged athletes to adults of all ages.

She owned and operated the very successful and highly respected studio, The Pilates Body Shop, for 4 years. In 2016 she decided to expand her studio and offer classes in Cycling and Group Fitness. Reform and Ride offers a variety of fitness opportunities for both groups and private sessions in a boutique-style setting.



Location

Webster, TX

Studio

MVMT Studio

Address

4104 Nasa Pkwy, El Lago,
Texas 77586, United States

Contact

INFO@MVMTSTUDIOTX.CO

[M](tel:281-978-4500)

281-978-4500

[https://www.facebook.com/
theMEbodystudio/](https://www.facebook.com/theMEbodystudio/)

[https://www.instagram.com/
mvmt_studiotx/](https://www.instagram.com/mvmt_studiotx/)

<https://mvmtstudiotx.com/home-1>

Instructor Information

Kimberly Campos

Kimberly Campos

Comprehensive PEAK, Yamuna
Body Practitioner, Creator Barre
360 (ME Barre), Pink Ribbon
Certified Kimberly may have been
introduced to Pilates as a
teenager before the word Pilates
was able to be used, but her

passion for it wasn't until she was
ignited from Winsor Pilates Info Commercials when up with her last
newborn in the middle of the night and she was looking to get her
spark back. Thousands of hours of study, training, and personal
practice later, she started sharing that spark with others in 2001,
ultimately opening MeBody Studio in 2011 before expanding into its
current location in 2016. During that time she has coached clients
from professional athletes to breast cancer patients, mentored new
instructors, and inspired countless men and women to reach their
own potential.

Dedicated to bringing each client the most effective tools for their
individual path, she continues expanding her expertise into the latest
developments in mind body work, Yamuna to Gyrotonic. Most
importantly, she continues to champion anyone looking to make a
change.



Location

Austin, Texas

Studio

Hill Country Pilates Studio

Address

301 Trails End Rd
Driftwood, TX 78619

Contact

(646) 246-5226

hillcountrypilatesstudio@gmail.comwww.hillcountrypilatesstudio.comIG: [https://](https://www.instagram.com/bethdukleth/)www.instagram.com/bethdukleth/

Instructor Information

Beth Honea Dukleth

HILL COUNTRY
PILATES STUDIO

Beth Dukleth Honea, a native of Houston, TX, has a degree in Dance Performance from Oklahoma City University. She was a Radio City Rockette for twelve years and has performed professionally in musicals and concert dance venues internationally and across the U.S. While she loved her time dancing and teaching in New York City she is thrilled to be back home in TX. She is a Master Trainer for Pilates Sports Center and Board 30.

She first became interested in Pilates to enhance her dancing. The amazing changes she saw in her body and strength inspired her to pursue professional Pilates certification. She is certified in Pilates through Pilates Sports Center, Polestar, and Sal Anthony's Movement Salon in NYC. She is also certified in **GYROKINESIS®** and **GYROTONIC®** and specializes in pre and post-natal Pilates. She has trained and taken continuing education at Pilates Sports Center, Movements Afoot, The Kane School, Physical Mind Institute, Pilates on Fifth, Pilates Studio City, and Pilates Reforming NY. Teachers include: Lolita San Miguel (Joe Pilate's protégé), Doris Pasteur Hall & Deborah Lessen (students of Carola Trier, a protégé of Joseph Pilates), Kelli Altounian and Dr. Andromeda Stevens, Kelly Kane, Lesley Powell, Irene Dowd, Brent Anderson, Elizabeth Larkam, Karen Clippinger, Eric Franklin, and Ann Toran.

She has enjoyed teaching in New York City at Pilates Reforming New York, Project Dance Studio, Paris Health Club, and was guest faculty at the University of Michigan. She is also a member of the Pilates Method Alliance. She was Co-Owner of Pilates South Austin for 10 Years and now owns Hill Country Pilates Studio in Driftwood, TX near Austin.



Location

Dallas/Fort Worth TX

Studio

Pops Gym / G50
Performance Training

Address

3212 Collinsworth
Fort Worth, TX 76107

Contact

Kadee Sweeney
kadeefit@gmail.com

<https://studio.kadeefit.com/>

[https://
www.popsgymfwtx.com/](https://www.popsgymfwtx.com/)

Youtube: [https://
www.youtube.com/c/KadeeFIT](https://www.youtube.com/c/KadeeFIT)

IG: @kadeefit

FB: [https://www.facebook.com/
KadeeFit](https://www.facebook.com/KadeeFit)

<https://linktr.ee/kadeefit>

818-605-8865

Instructor Information

Kadee Sweeney
NPCP Cert #12132

Kadee Sweeney

Nationally Certified Pilates Teacher

Born and raised in Fort Worth Texas, Kadee has a life time passion for dance, performing, and teaching. In 2001, she moved to LA and began her career as a professional dancer working with celebrities including Nick and Drew Lachey (98 degrees Revelation Tour), Carmen Electra (Starsky & Hutch), Jennifer Garner (Thirteen Going on Thirty), Cedric the Entertainer (Cedric the Entertainer Presents), The Rock (The Rundown) and Wayne Brady (ABC 50th Anniversary) just to name a few. She has also done commercials for Pepsi and work for companies including Maybelline, Merle Norman, Bellagio, and Treasure Island. Kadee's experience also extends into the fitness industry with appearances on Fit TV and videos including; Mark Blanchard's Progressive Power Yoga, Winsor Pilates, Gunner Peterson's "Core Secrets", and Crunch Bikini Bodies. In 2007 a friend encouraged Kadee to take Pilates and become a certified instructor. Immediately Pilates became a major part of her life. Her Pilates practice and teaching is a combination of all her experience in the dance and fitness industry. Kadee's heart is to empower and encourage others into a blessed life of health and fitness mind, body and spirit. It is truly a joy for her to teach.

**Credentials:**

- 7 plus years teaching dance and fitness experience
- PSC Certified Pilates Instructor
- Certified Zumba Fitness Instructor
- Cardio Dance Jam Instructor
- CPR/First Aid Certified
- Professional Dancer
- Word in Motion Dance Company Member/Instructor

Location

Houston, TX

Studio

Pilates Place

Address

33219 Forest West St.
Magnolia, TX 77354

Contact

281-789-4733

Greg@PilatesPlace.us

[https://www.facebook.com/
pilatesplace.us/](https://www.facebook.com/pilatesplace.us/)

[https://twitter.com/
PilatesPlaceUS](https://twitter.com/PilatesPlaceUS)

[https://www.instagram.com/
pilatesplaceus/](https://www.instagram.com/pilatesplaceus/)

www.PilatesPlace.us

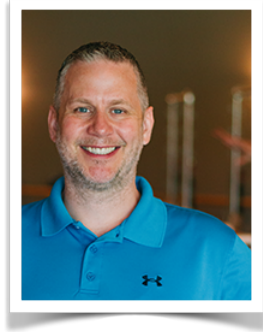
Instructor Information

Greg Monk
NPCP ID# 12664

**Greg Monk, Nationally Certified Pilates Teacher**

Greg Monk first found Pilates after years of constant back and hip pain. Through the benefits of Reformer Pilates, I knew I wanted to help others live a pain free life as well. With a decade of experience and numerous Pilates trainings, I thrive to help each person achieve their "normal"!

Becoming a Master Pilates Trainer further let me continue to pass along the knowledge I have learned to the next generation of Pilates Teachers.



Location

Chicago, IL

Studio

Amplified Pilates

Address

314 W Institute Place
3W
Chicago IL 60610

Contact

847-271-9745

www.amplifiedpilates.com
angela@amplifiedpilates.com

FB: <https://www.facebook.com/amplifiedpilates>

IG: @amplifiedpilates
<https://www.instagram.com/amplifiedpilates/>

Instructor Information

Angela Pawlicki
NPCP ID: 11997

Other Instructors at Location

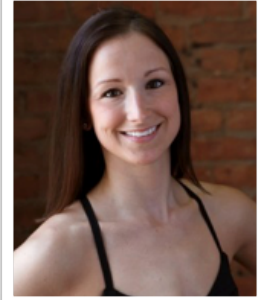
Mandie Evans



Angela Pawlicki

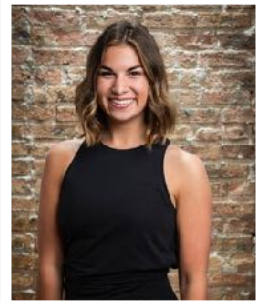
Nationally Certified Pilates Teacher

Angela's movement background began at a young age as a nationally ranked rhythmic gymnast. She received her Bachelor of Fine Arts in Dance Education, Choreography, and Performance from Ohio University. After college, Angie pursued her love of Pilates by completing a 600 hour comprehensive certification through Power Pilates and has been teaching since 2004. She is Pilates Method of Alliance certified, CoreAlign 1, 2 & 3 certified, Redcord certified and Fusion Pre and Post Natal certified. Angie's extensive background in movement and teaching movement helps her clients get the workout they want and need! She was a Pilates Manager at Equinox Fitness Club for 7 years as well as a Teacher Trainer for the Equinox Pilates Certification Program.



Mandie Evans

Mandie has been dancing since the age of two and movement has always been part of her life. She continued to train and dance throughout high school and college, where she graduated with a BFA in Dance Performance and Choreography from the University of Nevada Las Vegas. It was there that Mandie discovered a new passion for Pilates, and obtained her certification under the direction of Dolly Kelepecz, who is the founder and owner of DK Body Balance. She has been teaching full time since 2017. Mandie has continued her education by becoming a Integrated Movement Specialist through Balanced Body, as well as being certified in Pre and Post Natal, and Core Align 1. Working with a variety of clients, ages 18-80, Mandie has witnessed the incredible impact Pilates can have and continues to learn and grow as an instructor. She hopes to spread the love and joy that Pilates has given to her with each individual who walks through the door.



Location

Lincolnshire & Palatine, IL

Studio

Move Studio

Address

861 N Quentin Road
Palatine, IL 60067
(224) 319-2666

300 Village Green
Suites 112 & 125
Lincolnshire, IL 60069
(224) 931-4280
847-902-9494 (cell)

Contact

emily@movestudiopilates.com
movestudiopilatesfitness@gmail.com
<https://www.movestudiopilates.com>
IG: <https://www.instagram.com/movestudiopilatesfitness/>
[@movepilatesfitness](https://www.instagram.com/movestudiopilatesfitness/)
FB: <https://www.facebook.com/movestudiopilatesfitness>

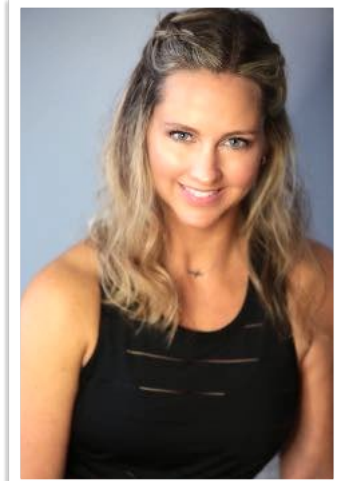
Instructor Information

Emily Schneider
NPCT/PMA:



Emily Schneider

TruCore Pilates & Move Studio
Pilates & Fitness



Emily is passionate about changing bodies and changing lives. A former professional dancer, she has long been involved in fitness as a participant and an instructor. After diving head first into her stay at home mother role to her four children, she decided to begin slowly re-entering the work force by doing what she loved most. After teaching various forms of high intensity cardio and strength exercise, Emily began to look for balance, and that search led her to Pilates.

Finding Pilates, Emily felt an immediate connection with both the method and the movement. Seeing and feeling the immediate benefits of Pilates, it very quickly became a large part of not only her fitness routine, but her lifestyle. It was this strong connection that was the driving force pushing her to become a Pilates instructor and eventually open her own studio.

Location

Louisville, KY

Holly's Pilates Village

Address

201 Meridian Ave. Louisville,
KY 40207

Contact

(502) 409-4200

502-299-1221 (w)

502-403-5391 (cell)

email: hollyinlouisville@gmail.com

holly@pilatesvillage.com

teresa.pilatesvillage@gmail.com

site:

www.teachpilatesvillage.com

IG: [https://](https://www.instagram.com/pilates_village/)

[www.instagram.com/](https://www.instagram.com/pilates_village/)

[pilates_village/](https://www.instagram.com/pilates_village/)

FB: [https://www.facebook.com/](https://www.facebook.com/hollyspilatesvillage)

[hollyspilatesvillage](https://www.facebook.com/hollyspilatesvillage)

Instructor Information

Holly Holland

NPCP #14141

Teresa Willis

#782566

818.631.6743 (cell)



Holly Holland, Nationally Certified Pilates Teacher

I teach Pilates and yoga because they make me feel good, and I want to share that joy with other people. I've always been physically active, but I struggled with weight and health issues throughout my

teenage and young adult years. When I discovered the efficient and effective Pilates repertoire and integrated these exercises with my regular yoga practice, I tapped into strength, balance, and flexibility that I didn't know were possible before. Because of Pilates, I have never been in better shape – physically, mentally, or spiritually. That's an inspiring place to be as I look toward the future.

I obtained comprehensive training from Integrated Balance Pilates. I am a NPCP Certified Pilates Teacher, a licensed Buff Bones® instructor, a certified TRX teacher, and an E-RYT yoga teacher. Pilates Sports Center Master Trainer Program 2017.



Teresa Willis Nationally Certified Pilates Teacher

Teresa earned her Pilates Certification from Core Conditioning in Los Angeles in 2003.

She immediately began working at Pilates Studio City, which was then owned by her mentor, Kelli Coleman Altounian of Pilates Sports Center, where she instructed for many happy years. Teresa has taken many

specialty workshops such as Pilates for Pregnancy, Common Problems and and Jump board. She is also a licensed Buff Bones® instructor. Since arriving to

Louisville, Teresa has taught Mat Pilates at

Shine Movement Studio, Yoga on Baxter and Bellarmine. She is thrilled to have found a home at Pilates Village where she is teaching groups and privates on all equipment, including the CoreAlign.



Location

Suwanee, Georgia (Augusta)

Studio

Studio: Core Pilates LLC

Contact

Charity Van Horn

706-825-6614

Email: corepilatescv@gmail.comSM: [https://
www.instagram.com/
corepilatescv/](https://www.instagram.com/corepilatescv/)FB: [https://www.facebook.com/
cvhorn](https://www.facebook.com/cvhorn)Instructor Information:
NPCP #37077**EASTERN****Charity Van Horn**

A Nationally Certified Pilates Instructor and a Certified Group Fitness instructor. Started her fitness journey 17 years ago by teaching Group fitness at the local gym in a small town in Statesboro, Georgia. Little did she know that her passion for fitness would open an amazing world. After years of teaching various classes and programs throughout Georgia and South Carolina, she was able to experience studio Pilates. She was hooked from the start. She was able to see such a difference on her own body, as Pilates was literally fixing the muscle imbalances from the many years of wear and tear from teaching group fitness. In 2016 her family made the cross country move to Southern California. There she was able attend the Pilates Sports Center teacher training to become a Certified Instructor in 2017. There she worked in an amazing Studio with fantastic colleagues. In 2019 she relocated, yet again to Georgia, but this time to the Atlanta area. Once there she worked at larger box gyms teaching Pilates and group fitness classes until the Pandemic hit. The Pandemic forced her to make the decision to open a Private Home Studio, Core Pilates in 2020. She loves working with special populations from geriatric, office workers/gamers, to athletes, to help them to focus on balance in the body for their specific situation in life. If she's not in the studio you'll find her with the family, on the tennis courts, at the martial arts studio training for a black belt in Krav Maga, or in her car driving my children all over the place for various sports.

Pilates Certifications through Pilates Sports Center: Mat, Reformer, Cadillac, Chair, and Ladder Barrel

NPCP Certified Pilates Instructor

ACE Group Fitness Certified Instructor

LesMills BodyFlow Certified

LesMills BodyPump Certified

Power Plate trained

TRX Suspension trained

CPR/AED certified



Location

Red Hook/Rhinebeck
& Catskill NY

Studio

Territory Avail.

Address

Contact

Instructor Information

EASTERN

Location

Red Bank, NJ

Studio

Pilates Blast

Address

134 Broad Street
Red Bank, NJ 07701

Contact

732 - 747 - 6388

www.PilatesBlast.com

info@PilatesBlast.com

<https://>

[www.instagram.com/](https://www.instagram.com/pilatesblast/)

[pilatesblast/](https://www.instagram.com/pilatesblast/)

<https://>

[www.facebook.com/](https://www.facebook.com/pilatesblast)

[pilatesblast](https://www.facebook.com/pilatesblast)

Instructor Information

Dani Rubin

pilates
BLAST

Dani Parish

Dani discovered the profound effects of Pilates after suffering a near career ending back injury dancing with the Radio City Rockette's. Her rehabilitation included daily Pilates classes which not only eliminated her back pain through strengthening, but also transformed her body and core unlike any other exercise she had ever experienced. Inspired by these results Dani knew she discovered her next passion. Motivated by her students dedicated to improving their overall fitness health, it is easy for Dani to love her work. She applies her extensive knowledge of the body, her descriptive, motivational cueing, and years of Pilates experience to this new, cutting edge, future of fitness. "The best part of my job...being a part of people feeling really good about themselves!"

Lagree Fitness™/ Megaformer™, Burbank CA
Pilates Sports Center, Los Angeles, CA. Master Trainer
Center Studio, Dynamic Conditioning/ Rehabilitation teacher training program
Polestar Pilates, Neuromuscular Education
Mt Sinai, Functional Anatomy Workshop for Movement and Conditioning
Extensive ballet and dance training from youth-professional



Location

Marlton, NJ

Studio

Pilates Plus a Restoration
Studio, LLC

Address

Monokian Dental
Building, 151 Greentree
Rd, Suite E, Marlton, NJ
08035

Contact

856-304-5556

laurie@pilatesplusrestoration.com

<http://>

www.pilatesplusrestoration.com/

X [twitter](#)

IG [PilatesPlusMarlton](#)

FB [pilatesplus](#)

TikTok [PilatesPlusMarlton](#)

Instructor Information

Laurie Weiner
NPCP ID#13687



Laurie Weiner Nationally Certified
Pilates Instructor

Laurie Weiner, owner of Pilates Plus a Restoration Studio for over 20 years is dedicated to offering specialized treatment and a holistic approach to help people of all ages, lifestyles and fitness levels achieve lifelong wellness. Laurie has experience with Pilates, YogaFaith and Movement Therapy, Gyrotonic, Gyrokinesis, Reiki and recently certified in Integrated Energy Therapy, a healing modality that can nourish and replenish your organs and muscles while helping release the tensions, emotions and anxiety that get locked up in the body. Laurie has also transitioned back into providing in studio sessions while still offering a virtual schedule. Her studio has switched to private one on one sessions to help with individual needs. The studio follows CDC guidelines. Her mission: to help people stay strong structurally and live an active lifestyle regardless of fitness level or injuries.



Location

Nashville, TN

Studio

Meliora Movement

Address

1106 Woodland Street, Suite 3,
Nashville, TN 37206

Contact

(615) 212-5821

mysti@MelioraMovement.com

<https://melioramovement.com>

FB: <https://www.facebook.com/MelioraMovement>

linktr.ee/MelioraMovement

[@melioramovement](https://www.instagram.com/melioramovement)

[@mysti_movement](https://www.instagram.com/mysti_movement)

Instructor Information

Mysti Meese Little
NPCP ID#15387



Mysti Meese Little, NCPT

Mysti Meese started taking Pilates at the age of eight. Being the daughter of avid cyclists, she loved biking but quickly develop tight hamstrings that gave her knee pain at a young age. She was then introduced into Pilates by her mother, who had Mysti take classes with her to improve flexibility, strength, and alignment. Mysti instantly fell in love with Pilates through classes under Cody Welch and Michelle Tyler Heines. She grew up knowing that applying the Pilates principles through constantly working to balance out muscles groups, strengthen core, and perfect alignment aids in every form of fitness. She believes adding Pilates into any fitness regimen will help keep one safe from injury and maximize optimal body results. She became a Pilates instructor though Balanced Body, training under Master Instructor David Gensheimer. She is a Nationally Certified Pilates Teacher, NCPT by PMA's National Pilates Certification Program#15387. Mysti is Pilates Prenatal Certified through the Pregnancy Pilates Impact Academy. Mysti received her YTT- 200 hour Yoga certification through Liberation Yoga and completed a three month 90 hour mentorship under Raquel Bueno. She knows yoga is a beautiful life long journey and can meet people at any season of life. She went through Prenatal Yoga Training through Blooma Yoga.

Mysti is a native Texan that graduated from Belmont University with a Public Relations degree and a minor in Education.



Location

Studio

Address

Contact

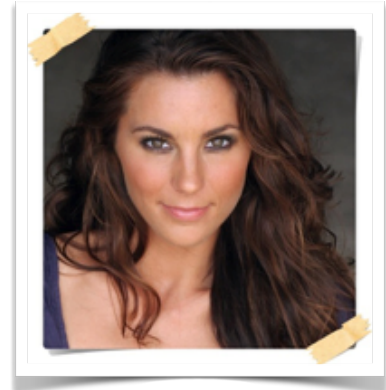
Instructor Information

NPCP ID#

Brienne Pedigo Christopher

In 2007, Pedigo took over as a pit reporter for Jamie Little, who moved to ESPN's NASCAR coverage. She has not appeared on telecasts since 2009. She was formerly a pit reporter for The Outdoor Channel's USAC sprint and midget car races, and a reporter for CBS' coverage of the NCAA Final Four.

Her father, Gary, is the owner of Pedigo Chevrolet in Camby, Indiana, and is a former joint owner of Panther Racing, an IndyCar Series team. Pedigo and General Hospital star Tyler Christopher publicly announced their engagement in November 2006.[1] Pedigo and Christopher married September 28, 2008. The couple resides in Indiana and had their first son, Greysun James Christopher on October 3, 2009.



Location

.....

Studio

.....

Address

.....

Contact

.....

Instructor Information

.....

NPCP ID#

Location

Wellington, Florida

Studio

My Pilates Wellington

Address

13860 Wellington
Trace #8, Wellington,
FL

Contact

561 827 1481
mypilateswellington@gmail.com

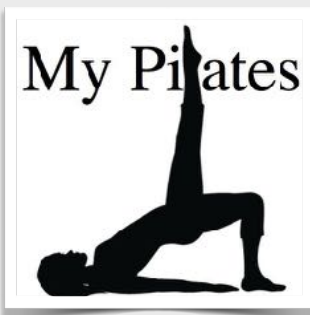
MyPilatesWellington.com

[https://
www.facebook.com/
profile.php?
id=100063684034312](https://www.facebook.com/profile.php?id=100063684034312)

[https://twitter.com/
MyPilates](https://twitter.com/MyPilates)

Instructor Information

Elena Miller
NPCP ID#13552



Elena Miller, NPCP

Born in Argentina, Elena came to the US at an early age of 16, having a background in the health industry working in hospitals in NYC and loving the contact with people, Elena started doing pilates because she was losing bone mass at an early age, that's when her passion for pilates started, after doing pilates for a year she decided to get certified, received her certification from PIA and later became a master instructor with PSC, Elena opened her own studio after the studio she was working for closed, she is passionate about her teaching and loves to help others achieve a better quality of life with pilates.



Location

Bluffton, SC

Studio

TruFit Pilates and
Training Center

Address

Sheridan Park Circle,
Suite A, Bluffton, SC
29910

Contact

(843) 368-2314

Tel: 843-310-4066

info@truefitpilates.com

www.truefitpilates.com

jennifer@truefitpilates.com

[https://www.instagram.com/
truefitjenn/](https://www.instagram.com/truefitjenn/)

[https://www.facebook.com/
truefitpilatesandtraining/](https://www.facebook.com/truefitpilatesandtraining/)

Instructor Information

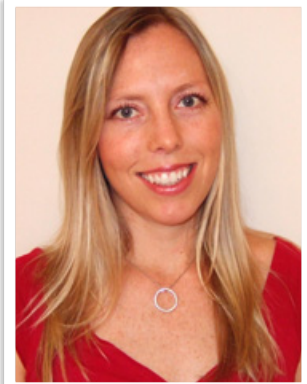
Jennifer Wolfe
NPCP ID: 12057

*BURN AT THE
BARRE™
Master Trainer



Jennifer Wolfe, MS, CSCS, NPCP
Owner of TrueFit Pilates and Training
Center, Bluffton, SC

Jennifer has over two decades of
experience transforming lives through
fitness, pilates and nutrition. She's
passionate about guiding and coaching
her clients to achieving their health-
related goals.



Credentials include:

Master's Degree from Western Illinois University in Exercise Science, Sport
and Exercise Psychology and also in Fitness Management
Certified Strength and Conditioning Specialist, National Strength and
Conditioning Association
Master Pilates Teacher Trainer, Pilates Sports Center
Master Burn at the Barre Trainer, Pilates Sports Center
Pilates Method Alliance Certified Pilates Teacher™
Certified Holistic Health and Nutrition Coach, Institute for Integrated
Nutrition
Kinesiology Professor at Professional Golfer's Career College
Certified Golf Conditioning Specialist, GMP Fitness
Nationwide presenter and author of several published articles
Several additional group exercise certifications

Location

New Jersey

Studio**Address****Contact**nmerial@yahoo.com**Instructor Information**

Nia Allen
NPCP ID: 12057

Nia Allen Nationally Certified Pilates Teacher

Movement has always been an integral part of Nia's life. With a concentration in modern dance at Oberlin College, Nia lived in NYC teaching dance to children in Greenwich, CT and studying dance further at DanceSpace in Manhattan.

After making the move to Los Angeles and struggling with intermittent low back pain, Nia discovered Pilates and the pain-free advantage of postural alignment. As

an instructor, Nia's enthusiasm is fueled by the successes of her clients as they discover the benefits of Pilates in their daily lives. She believes that body awareness is an integral part of a healthy, active lifestyle and that everyone is capable of moving with energy and grace.

Her credentials include:

- Pilates Sports Center Teacher Training Program
- PSC's Pilates for Men Workshop 2010
- PSC's Pregnancy Workshop 2010
- Balanced Body University – CoreAlign 1, Vertical Reality 2010



Location

Onalaska, WI

Studio

THE PILATES STUDIO

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Contact

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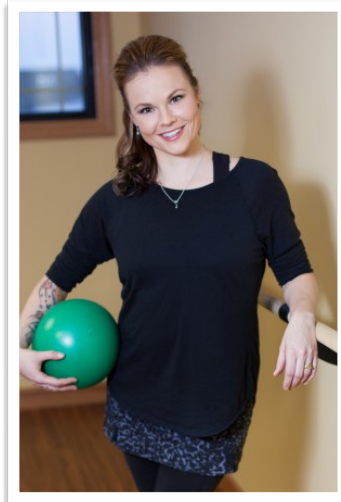
Instructor Information

Heather Happel
Heather Froh

Heather Happel was introduced to Pilates through Mat work at a local gym, and loved the initial challenge it posed and stayed committed because of the changes she felt happening to her posture, strength, body composition, and balance. She became certified by Physical/Mind Institute to teach classical Pilates on the original equipment in 2007. She has continued to deepen her knowledge of the practice with yearly seminars that focus on anatomy, sports performance, and back pain reduction.



Heather Froh is Certified in Pilates through Physical Mind Institute since 1998 and a Pilates student since 1992. She has studied Pilates methods in London, New York, and Minneapolis. Heather earned her Bachelor of Fine Arts Degree in Modern dance and Ballet from the University of Wisconsin Steven Point in 1996 and went on to dance with various dance companies in the Twin Cities from 1996-2003. Heather trained previously in Minneapolis, moved to La Crosse in 2004 and has been training there ever since.



INTERNATIONAL

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INTERNATIONAL

Ella Ben-Aharon

Israeli born, Ella Ben-Aharon is a choreographer, movement educator, and a Pilates Master Teacher. After serving the Israeli Defense Forces and dancing with the Kibbutz Contemporary Dance Company, Ella moved to the US for 11 years. She holds BFA in Dance from CalArts, and an MFA in Choreography from Jacksonville University, FL. Ella is certified in Pilates through RetroFit school of Pilates. Her first position at Sports/Med in Calabasas allowed her to work closely with physical therapists and witnessed the becoming of PSC. Ella is amongst the first Pilates Master Teachers with Pilates Sports Center. While in NYC, Ella managed the Pilates Studio at the Reebok Sports Club/NY, and worked privately with high profile clientele. She taught private sessions, group classes, workshops and Teacher's Certification Programs in Los Angeles, New-York, Florida and Israel. In addition, Ella directed her own dance company. Her choreographies and video-works were presented in venues in the US, Europe, Brazil and Israel. She has been a guest teaching-artist in numerous universities and art centers around the world. Since returning to Israel in 2010, Ella became a member of the Israeli Choreographers Association. She continues to create, perform and research anything movement and consciousness related. In May 2016 Ella opened her own Pilates and movement studio - Studio Naim - MAZE - in the heart of Tel Aviv.



INTERNATIONAL

Seoul, Korea

BODYNOX

Yong Ho, Lim "Roi"

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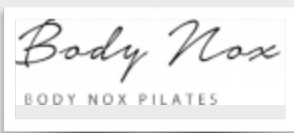
BODYNOX

Dong Hee, Hwang

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Yong Ho, Lim "Roi" (Korea Director)

Studio name: Bodynox



After, obtaining a bachelor's degree in Physical Education, Yong Ho Lim majored in Exercise Physiology in graduate school. He taught fitness instructors as a Reebok University Master Trainer from 1998 to 2005. He also has some experience in lecturing on physical education in Universities in Korea. He started his career as a Pilates teacher in 2006 in South Korea. He experienced the Pilates method in 2004. He had attended World Sports Aerobic Championship for many years as a member of the Korean national team. He suffered from an acute knee injury of his lateral meniscus in his athletic life. He tried Pilates exercise to overcome knee pain. Ever since then, he fell completely in love with Pilates. He has a couple of Pilates Certifications. He has been certified by Polestar Pilates and Morden Pilates for many years. Additionally, PSC's Master Teacher Program certified him in 2014. Now, He is running a Pilates studio in Seoul Korea.

Dong Hee, Hwang (Korea Faculty - MT)

I majored in Korean dance when I was young. When I was in high school, I couldn't continue my major due to knee pain and went to a general company. He became acquainted with Pilates in 2014 and improved knee pain, and obtained a certificate from STOTT Pilates in 2016. After that, I got a job at Bodynox and got to know PSC, and I have been working for Bodynox until now.

INTERNATIONAL

EDEL PILATES

Seo Yeon, Lee
Chan Mi, Heo
Eun Hae, Choi

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Studio Name: Edel Pilates

Seo Yeon, Lee - Host

I started learning Pilates because of back pain. Pilates has changed a lot of things in my life, not just my back pain. Pilates made me have a healthy body, a healthy mind, and a healthy life. I am currently the CEO of edel Pilates. I have qualified for various methods, starting with the s.p.p.t Pilates certification in Korea and ending with Stott Pilates. I met PSC pilates and knew that it was a really good education. I have hosting qualifications for PSC Pilates education.



Chan Mi, Heo (Korea Faculty - MT)

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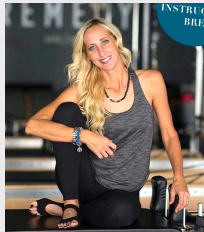
Chan Mi graduated from the Department of Physical Therapy. After graduation, she worked as a physical therapist specializing in sports physiotherapy for junior athletes at the hospital. She came across pilates while thinking about a more effective treatment method for her clients. Meanwhile, she suffered a back injury in a car accident and later fell into its charm after experiencing the effects of pilates during rehabilitation. She became a Pilates instructor and has been teaching since 2016. Additionally, PSC's Master Teacher Program certified her in 2022. Now, She is running a Pilates studio in Seoul Korea.

Eun Hae, Choi (Korea Faculty - MT)

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I majored in occupational therapy and started working as an occupational therapist at a rehabilitation hospital. The reason I first started Pilates was that I was worried about how to functionally move patients while mainly treating nervous system patients in hospitals. Meanwhile, I tried to provide patients with different movements through Pilates. I got to know the energy of Pilates while exercising, and I also got to know what we share while exercising together. In 2015, I first obtained a Pilates certificate, STOTT Pilates certificate, and NCPT. I am trying to make steady progress through studying. Currently, I am in charge of training as faculty at PSC Cheongdam branch after obtaining a PSC faculty certificate.

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Jessica Pate
MLB and NFL Sports Specific Pilates Training

I have been a huge believer of the Pilates method and all of its benefits. I have worked with countless clients who have had great success within their time of working with me. Seeing their success was the reassurance I needed to create my own Pilates brand, so in 2020, I founded Calibrate Pilates LLC. I did this because I have a huge passion for teaching others about the movement and alignment of their own bodies. I also have a huge passion for teaching others how to teach. This is why I decided to start the Master Teacher program with PSC, in the hopes of instilling some of my knowledge into other hopeful teachers.

My clients are my drive! My professional athletes who are stronger, better and faster than they used to be. My MS/stroke survivor clients who are doing things they were once told they could "never do again". My 75 year old client who can hold a plank for over 2 minutes...THEY are my whys. And I believe that through Calibrate Pilates, I will be able to reach more people on a much bigger scale to potentially help them become better versions of themselves. There are so many people I could dedicate a shout out to... But one in particular would be my mentor Kelly Snailum. She is who trained me in all modalities of Pilates and has believed in me since day one. She has empowered me with sharing her knowledge, tools and resources to become the Pilates instructor that I am today. I can promise you I would not be on the path that I'm on if it were not for her guidance.



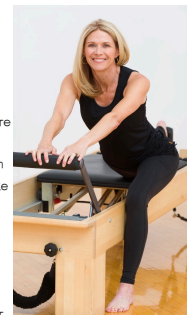
Melanie Eberly

My Pilates journey began in 2008. I decided to become a teacher in 2011 and I haven't stopped learning and practicing Pilates since. I'm proud to be Pilates Sports Center trained and certified. My foundation and daily practice are well rounded and often athletic but also stretchy. I'm certified on all apparatus: Reformer, Tower, Cadillac, Chair, Spine Corrector and Mat using a variety of props. TRX suspension training, Burn at the Barre®, and BodyBar Method are other certifications adding to my training. Currently, I am the Fitness Manager and a teacher at BodyBar Pilates in Eagle, Idaho. I knew Pilates was right for my body the moment my shoulders touched the reformer carriage and my toes melted onto the foot bar. I could feel the resistance of the springs as I moved the carriage with my legs and feet. The Pilates reformer offered a way to strengthen and stretch my muscles in a few simple moves, all while laying down. Cue, "So This is Love" from Disney's Cinderella. Who wants a Prince Charming when you have Pilates? Am I right?!

I'm the mother of two and the daughter of a football coach, so I've been active and played sports my entire life. As an adult I played competitive club tennis and tried my hand at golf. Practicing Pilates made me stronger and helped with my flexibility and balance. I found a new endurance level on the tennis court and golf course. I experienced less injuries and overall felt healthy with the new strength and flexibility in my day-to-day life.

Now, in my 50's, my approach to fitness has shifted from looking fit to feeling fit. I'm not too concerned if my jeans are a larger size. My clothes need to fit the ME I am today. My body needs to perform daily tasks. Knowing I'm strong and can lift a 40 lb. bag of soil or mulch for my garden beds. Having the balance to climb a ladder to reach an item from the top shelf in the pantry. Trusting and loving the endurance I've gained taking the dogs on a walk to the Snake River and embracing the uphill climb back home. Combining endurance, strength and balance when I fly to visit my children in Colorado and New Mexico. I'm relying on myself to get to the gate, change planes, lift my bag into the overhead compartment and order that glass of wine after I'm seated.

What is the WHY for your Pilates journey? There is no wrong answer. Weight loss. Injury rehabilitation. Doctor recommendation. Strength training. Gain flexibility. Tension headaches. Back pain. Neck pain. Menopause belly. Pre or Post Pregnancy health. Picking up my new grand baby. These are all amazing reasons to get moving and do Pilates. Your goal is my goal in the studio. Let's do this together.



Angel Dunlap has made fitness and wellness a big part of her life for over 15 years. In the last few years, high intensity training led to a series of injuries and surgery. The specialist determined Angel had a genetic disorder that lead to early deterioration of her joints. For Angel, things finally made sense as to the source of her medical issues, but the new knowledge meant Angel could no longer pursue her fitness goals without the risk of injury.

Searching for a new way to stay fit led Angel to Pilates and to Club Pilates where she had her 1st group fitness session. When she started Pilates, she could barely walk and had limited success with physical therapy. After a few Pilates sessions, she began to move with less pain. Over time significant progress was made. Pilates has taught Angel to make a mind-body connection resulting in fast rehab.

Sara White

Pilates Sports Center Certified
TRX Suspension Training Qualified

With a background in education and a passion for health and fitness, Sara enjoys getting to know her clients and cultivating a relationship with them to help personalize and further their individual fitness goals. Sara's goal is to provide strength, flexibility, balance, and coordination while enjoying the flow of the mind-body connection, all while getting a fun and challenging workout!

I've had a passion for health and fitness for as long as I can remember. My experience as a physical therapy aide fostered my passion to help patients regain mobility that would not only allow them to function in day to day life, but to thrive. My desire is to continue this pursuit with Pilates, as I believe it has all of the health and wellness benefits that can transform the way my clients look and feel. I hope to share this passion with my clients and inspire them to exceed their fitness goals.

INTERNATIONAL



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