# 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 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: Peoria AZ 85383
Director of Business Development Art Altounian 818-231-6777
•www.PilatesSportsCenter.com
•Info@PilatesSportsCenter.com
•X / 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, and Workshop
- Co-Creator of Dowel on the Reformer Workout, and Workshop
- Creator of Advanced Business Workshop for the Studio Owner
- STAGES guest speaker 2021 Podcast
- Producer: "Still Kicking" a documentary on the life stories of the Rockettes
- kellipsc@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 / Distraction Technic® Certified
- Schroth Best Practice® Level II Certified
- PSSE Level II Certified
- ScoliBalance Level II Certified
- 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) PMA "Gold Certified"
- Co-Creator of the Burn at the Barre™ Workout, and Teacher Training Program
- Board Of Directors - The Pilates Initiative
- SOSORT Member
- Author "The Scoliosis Coach Handbook"
- HIggy Con Presenter 2024 2025
- ScoliosisCoach@gmail.com **818 970 1222**
  www.ScoliosisCoach.com
- 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 digital programs
- Written or co created over 25 workshops with continuing education credits
- Presenters:
- Pilates On Tour
- Body Mind Spirit
- Inner IDEA
- Mad Dogg WSSC
- MindBody Fit Pro
- Human Movement Conference
- Co-Creator Pilates Expo Los Angeles
- Master Teacher for Reebok Sports Club/NY
- NCPT CEC Provider™
- Graduates of Advances in Pilates - Long Beach Dance Conditioning
- CPR / First Aid Certified
- Co-Creator Pilates Sports Center Channel / Membership

INDEX:
FOR FULL SCHEDULE AND INFO 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 (Fundamentals, Mat & Apparatus)

**-OR-**

**Modular Programs:**
(Minus a Non-Refundable Deposit of $100 for any single module)
Fundamentals $400
Pilates Mat $1,800
Reformer $2,700
Cadillac $1,400
Chair $1,400
Total = $7,700.00 total if taken in Modules.

**Here is what is required to apply:**
30 Hours of Pilates experience in: Mat / Reformer / Cadillac and Chair (PSC can assist with this needed experience)
Interview in person or virtual.
Deposit (non-refundable)


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**Location**
Encino CA

**Studio**
Pilates Sports Center

**Address**
Pilates Sports Center
16430 Ventura Blvd Suite 108, Encino CA 91436
www.PilatesSportsCenter.com

**Contact**
Studio: 818 788 8112
Call or Text: 818 970 1222
ScoliosisCoach@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

Photo: IC Rapoport http://icrapoport.com

**Dr. Andromeda Stevens, D.C.**
Nationally Certified Pilates Instructor
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 & Schroth Best Practice® Level I & II Certified Scoliosis Practitioner **www.ScoliosisCoach.com**
- BSPTS Basic Level Schroth Certified
- ScoliBalance Level 1 Certified
- Cox Flexion/Distraction 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, 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 digital 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 / HumanMovement Conference Presenter / HiggyCon
- Co-Creator Pilates Expo Los Angeles
- Master Teacher Trainer for Reebok Sports Club/NY 2007
- Pilates Method Alliance Corporate Sponsor 2010
- Participant: PMA Fostering Future Professionals Program™
- NPCP CEC Provider™
- Graduate of Advances in Pilates - Long Beach Dance Conditioning
- CPR / First Aid Certified
- SOSORT Member
- Author: "TheScoliosis Coach Handbook"

**Location**
Encino CA

**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**:
Helena
(323) 252-0605
helenatalman09@gmail.com

https://www.instagram.com/talmanhelena/?hl=en

**FEES**
(Minus a Non-Refundable Deposit of $500)
Fundamentals $400
Pilates Mat $1,800
Reformer $2,700

## WEST COAST

**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 Spilt Pedal Workout"
•Co-Creator and featured in PSC's "The Cardio Springboard/Tower Workout" & PSC's "Burn at the Barre Workout"
•Co-Creator of the Burn at the Barre® Teacher Training Programs (Level I & II)
•Yoga & Zumba Certified

**PILATES TEACHER TRAINING: IN STUDIO OR VIRTUAL OPTIONS**
**APPLY HERE: APPLICATION LINK**
Every Wed and Thur 12 to 4pm / Sept 2nd - Nov 5th
Fundamentals: September 2 - 3rd
Mat: September 9th - 23rd (+Saturday September 19th)
Reformer: September 23rd - Oct 29th (+Saturday October 3rd)
Cadillac: Nov 4-19th (+Saturday)
Wunda Chair: Dec 2nd-17th (+Saturday October 3rd)
Exams Dec 16/17th 2026

**PILATES WORKSHOPS: IN STUDIO OR VIRTUAL OPTIONS**
**Scoliosis Workshop for Movement Professionals Level 1:**
(ON DEMAND REGISTER: **HERE**)
A workshop exploring the causes of scoliosis, issues that can exacerbate its curvatures, and ways to attain better function, posture, and pain-free movement. Learn what to avoid and what to focus on to assist clients in reducing pain while increasing functionality. Includes scope of practice, anatomy discussion, practical demonstrations, plus a take home reference-workbook that makes this a valuable and applicable workshop.
Dr Andromeda Stevens, D.C. Schroth Advanced Certified, NCPT/Gold Certified.

**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

FB: https://www.facebook.com/pilatestrainingco

IG: @pilatestrainingco
https://www.instagram.com/pilatestrainingco/

WEB:
www.pilatestrainingcompany.com

**Instructor Information**
Megan Drake
17244 NCPT #

## WEST COAST

### Megan Kirk Drake

Nationally Certified Pilates Instructor

Megan is a 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.

**PILATES TEACHER TRAINING:**
**Pilates Training Company**
**Summer 2026**
Days/Times: 2-3 weekends/month Saturdays 10am-4pm and Sundays 10:30am-4:30pm

Pilates Fundamentals: July 11-12
Mat Pilates: July 12, 18-19, Aug 1
Reformer: Aug 2, 8-9, 22-23, 29-30, Sept 12-13
Cadillac: Sept 13, 19-20, Oct 3
Wunda Chair: Oct 4, 10-11
FINAL EXAMS: Oct 17-18

**FEES:**
**Comprehensive Program:**
$6,900.00 (Fundamentals, Mat & Apparatus)

**-OR-**
**Modular Programs:**
(Minus a Non-Refundable Deposit of $100 for any single module)
Fundamentals $400
Pilates Mat $1,800
Reformer $2,700
Cadillac $1,400
Chair $1,400
Total = $7,700.00 total if taken in Modules.

**Location**
Studio City, CA

**Studio**
Pilates Studio City

**Address**
11650 Riverside Drive,
Studio City, CA 91602

**Contact**
Call (818) 509-0914
www.PilatesStudioCity.com
movehealbreath@gmail.com
info@pilatesstudiocity.com

https://www.youtube.com/user/pilatesstudiocity

https://twitter.com/PSCpilates

**Instructor Information**
Lora Pavilack
NPCP ID# 10400

**Other Instructors at Location**
Jennifer Kornfeld
NPCP ID 12769
jenniferkornfeld@gmail.com

## WEST COAST

**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. While still performing she became 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 co-owns it with Nikki Barreto. 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 Pilates Sports Center; 2010
Pregnancy & Pilates, Common Problems: Spine; 2011
Shoulder Workshop / Scoliosis Workshop / Advanced Jump board 2014
Pilates Sports Center Master Trainer Program

**PILATES TEACHER TRAINING:**

Pilates Mat: February 28-March 1 & March 14-15
Times: 8:30am-4:30pm
Cost: $2,200
Reformer: April 18-19 / April 25-26 / May 16-17 / May 30-31
Cost: $2,700

Instructor Information
Marcy McCusker
NPCP ID# 13549

Call or Text: 818-731-1633

Email:
pilatesbymarcy@gmail.com

Web:
https://
www.pilatesbymarcy.com/

IMDB:
https://www.imdb.com/
name/nm1878910/

X
https://twitter.com/
MarcyMcCusker

YouTube
https://www.youtube.com/
@pilatesbymarcy9838/about

**WEST COAST**

**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**
Calabasas, CA

**Studio**
Canyon Pilates

**Instructor Information**
Helena Hultberg Talman
NPCP ID: 1061

BURN AT THE BARRE™
Master Trainer

**Contact**:
Helena
(323) 252-0605
helenatalman09@gmail.com

https://www.instagram.com/talmanhelena/?hl=en

https://www.instagram.com/ginaizad/reels/

**WEST COAST**

**Calabasas CA**

Mat and Reformer Program: (in Studio Only)

Every Wed & Fri 12.30pm-4.30pm
AND Every other Saturday 12.30pm-4.30pm

Fundamentals: July 8th &10th
Mat: July 11- 25th
Reformer: July 25-Aug 28th

Saturdays
July 11th
July 25th
Aug 8th
Aug 22nd

Mat and Reformer Program = *$4,900.00*
Deposit: $500.00 goes towards tuition cost and is NOT refundable.

Cost Breakdown:
•Fundamentals (Required for program). $400.00
•Pilates Mat Training Program Only: $1,800.00
*(Fundamentals and Mat ONLY = $2,200.00)*
•Reformer ONLY: $2,700.00
*(Fundamentals, Mat & Reformer = $4,900.00)*

**Location**
Simi Valley, CA

**Studio**
Misfit Pilates

**Address**
277 Morro Way Unit 1, Simi Valley, CA
93065

**Contact**
(520) 409-3258
brenda@misfitpilates.com

https://www.instagram.com/misfitpilates805/

https://www.facebook.com/people/Misfit-Pilates/61557336931333/

## WEST COAST

Brenda Blair

Pilates instructor and studio owner with a background in production and over 2 decades of experience leading teams, managing operations, and delivering high-quality client experiences. Known for building a strong, community-driven studio while prioritizing intelligent programming, instructor development, and client results. Passionate about mentorship, education, and elevating the standard of Pilates instruction.

Founder & Owner, Misfit Pilates, Simi Valley, CA
2024 - Present
- Founded and scaled a boutique reformer Pilates studio from mat only classes to a multi-instructor studio with a growing membership base
- Pilates Instructor, Wild Hare Pilates, Lake Balboa, CA

2020 - 2024
- Taught private and group Pilates sessions with a focus on alignment, progression, and individualized coaching
- Worked with a wide range of clients, from beginners to experienced practitioners
- Producer / Line Producer, Various Production Companies, Los Angeles, CA 2007 - 2024

EDUCATION & CERTIFICATIONS
Balanced Body Comprehensive Pilates Certified, 2026
Trained under Maria Leone of Bodyline Pilates, 2019
Accepted into Bodyline Mentorship Program, 2025
American Film Institute Conservatory, 2009 MFA, Producing
The University of Arizona, 2007 BA, Media Arts, Producing

**Location**
Claremont, CA

**Studio**

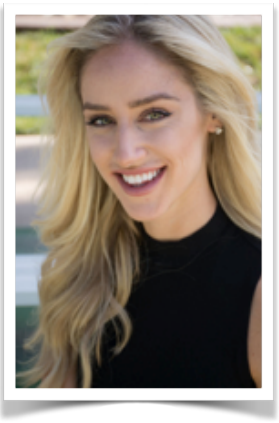
**Address**

**Contact**
Layne Wenger
(909) 440-9227

**Instructor Information**
Layne Wenger
laynewenger@aol.com

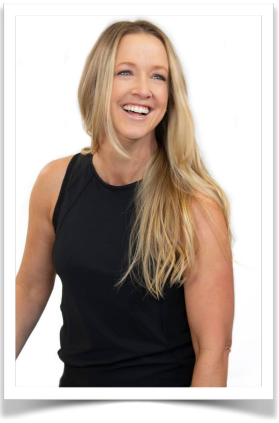
Sara White
sarawhite82@gmail.com

## WEST COAST



**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 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



**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.

**TEACHER TRAINING PROGRAMS**
Wunda Chair Jan 14 2026
Barrels (Ladder/Small Barrel & Spine Corrector) Feb 11 2026

**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.instagram.com/pilatesbodyartfitness/

linktr.ee/pilatesbodyartfitness

**Instructor Information**
Victoria Haijazin
NPCP ID#

**WEST COAST**

**Victoria Haijazin**
Nationally Certified Pilates Instructor

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**
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/

**Instructor Information**
Nikki Barreto
NPCP ID# 10623

Arlùnviji

## WEST COAST

**Nikki Barreto**
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

**Pilates TEACHER TRAINING Jan 2026**
**Start Up-Fundamentals and Mat**
Saturdays and Sundays 9am- 4pm
**Reformer**
Saturdays and Sundays 9am- 2pm
**Weekend One**
Saturday, January 31, 2026 / Sunday, February 1, 2026
**Weekend Two**
Saturday, February 7, 2026 / Sunday, February 8, 2026
**Weekend Three**
Saturday, February 14, 2026 / Sunday, February 15, 2026
**Weekend Four**
Saturday, February 21, 2026 / Sunday, February 22, 2026

**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

mb
studio

**WEST COAST**

**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

**PILATES TEACHER TRAINING:**
**2025 Spring**
Monday/Thursdays 1-5pm
and 6pm Saturdays

Fundamentals - March 3 and 6
Mat - March 10 - 24, & Sat 15th
Reformer - March 27- May 5th, Sat April 5th and 26th
Cadillac - May 8th - 22nd, Sat 10th
Chair - May 24th - June 5, Sat 24th
Review - June 7th

**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/

callie@poisepilatesbarre.com

FB: https://www.facebook.com/poisepilatesbarre

IG: @poisepilatesbarre

https://www.instagram.com/poisepilatesbarre/

poise pilates+barre

**WEST COAST**

**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.

**PILATES TEACHER TRAINING:**
Feb. 11th 2026

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/

Instructor Information
Nancy Black
NPCP ID: 13645

**WEST COAST**

**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
Pilates ~ Massage ~ Functional Medicine Health Coaching

**Address**
1801 W. Broadway Ave
Spokane, WA 99201

**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
LMT, NCPT, FMHC
NPCP ID: 11536

WEST COAST

**Maria Sevilla**
Nationally Certified Pilates Teacher

Maria has been teaching Pilates since 2004, bringing over two decades of experience in movement, health, and whole-body wellness to her students. She received her certification under Ivan Dahl's International Pilates Certification program and began teaching in Los Angeles, California. In January 2005, she returned to her hometown of Spokane, WA, where she opened The Pilates Life. Maria continued her education under the mentorship of master teacher Elizabeth Jones-Boswell, a specialist in rehabilitation Pilates, deepening her ability to work with a wide range of abilities and needs. In 2009, she earned her NCPT certification and has since expanded her role in the Pilates community by writing and teaching workshops for other instructors. Maria is a Licensed Massage Therapist. She is the owner of Sevilla Bodyworks. Founded in 2015, Sevilla Bodyworks is a wellness studio dedicated to restoring balance, resilience, and vitality through mindful movement, health coaching, and therapeutic touch. Her integrated approach allows her to support clients and students with a deeper understanding of anatomy, function, and whole-body health. As a Master Trainer, Maria is known for her ability to break down complex movement into practical teaching skills, which gives new instructors the tools to see the body clearly, adapt with confidence, and remain grounded in traditional Pilates foundations. Maria believes that Pilates is more than exercise — it is a system for building resilience, balance, and vitality that has stood the test of time. Graduates of her program leave not only with strong technical skills, but also with the confidence and insight to thrive as teachers in their own right.

PILATES TEACHER TRAINING:
In Person Training
begins Tuesday
January 20, 2026
and ends June 30, 2026

Tuesdays from 2:00–6:00pm
Plus One Saturday per month from 12:30–4:30pm (usually the last Saturday of the month)

Teacher Mentorship Program:

**https://www.sevillabodyworks.com/mentorship**

## Studio
Remedy

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

Remedy North Central
1219 E Glendale Ave., Suite 4
Phoenix, AZ 85020

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

## Contact
602-549-6513 (cel)
kelly@remedypilates.com
hello@remedypilates.com
https://www.remedypilates.com
IG Link
FB
LinkTree
linktr.ee/Remedypilatesandbarre

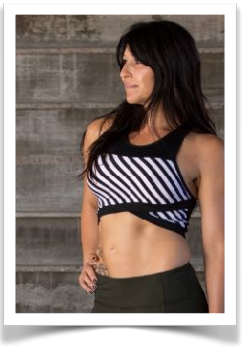
## Instructor Information
Kelly Snailum
NPCP ID#11159
Pilates Sports Center Master Trainer
BURN AT THE BARRE™ Master Trainer

Jessica Pate
Pilates Sports Center Master Trainer
Cell: 623-221-1388 email:
jessmpate@gmail.com or
info@calibratepilatesaz.com
@jessmpate @calibratepilates https://calibratepilatesaz.com

Kaitlin Terman
kaitlinterman@gmail.com
BURN AT THE BARRE™ Master Trainer

REMEDY
Pilates & Barre

**MOUNTAIN**



**Kelly Snailum**
Nationally Certified Pilates Instructor, Master Pilates Teacher Trainer and Master Barre Teacher Trainer with nearly two decades of experience in the Pilates industry. She has been teaching Pilates since 2005, originally completing her comprehensive certification through PhysicalMind, and went on to receive her Master Pilates Teacher Training Certificate from Pilates Sports Center in 2010. Kelly has maintained her National Pilates Certification (NPCP) continuously since 2010 and has taken over 300 Pilates Students through their comprehensive Pilates training in Arizona.
In 2008, Kelly opened Remedy Pilates and Barre, where she has built a respected studio known for high-quality instruction, thoughtful programming, and a strong sense of community. She has expanded to three locations and is widely recognized across the Valley as an educator and advocate of the Pilates method.
As the depth of her personal practice continues to grow, Kelly remains passionate about the evolving power of Pilates. She is committed to staying creative and innovative with the equipment and tools the method offers, while continuously educating herself on current trends, injury prevention, and common movement dysfunctions. Kelly believes that a truly well-rounded instructor can work with all client populations when dedicated to ongoing education and thoughtful application for the benefit of each individual client.

Certifications & Credentials:
○Nationally Certified Pilates Teacher (NPCP)
○Pilates Sports Center – Master Pilates Teacher Training Program
○Pilates Sports Center – Master Burn at the Barre Program
○PhysicalMind – Comprehensive Pilates Teacher Training Program
○TRX Certified Trainer
○CPR/First Aid Certified
○NASM Youth Exercise Certified Instructor
○BS in Advertising & Communications | Northern Arizona University

**Jessica Pate**
MLB and NFL Sports Specific Pilates Training.
Originally certified through PSC in 2015, I have been a huge believer of the Pilates method and all of its benefits. This allowed me to open my small private studio; Calibrate Pilates in 2020. I have a huge passion for teaching others about the movement and alignment of their own bodies. After attaining my dance and exercise science degrees, I realized I also have a huge passion for teaching others how to teach. The Master Teacher program with PSC will allow me to live out all my passions in one as well as get to work along my mentor Kelly Snailum. My hopes are to instill the best parts of what I know, into others that aspire to learn more.

Pilates Teacher Training - Comprehensive Certification
Feb 11 - Jun 17, 2026
Sept 2 - Jan 20, 2027
Mat Pilates Intensive:
Jun 18 - 21, 2026
Dec 10 - 13, 2026

Burn at the Barre Certification
Feb 6 - 7th, 2026

**Location**
Peoria, AZ

**Studio**
Pilates Sports Center

**Address**
Corp Headquarters:
24282 N. 78th Ave.
Peoria AZ 85383

**Contact**
Kelli Altounian
818-231-0226
kellipsc@gmail.com

**Instructor**
Kelli Altounian
NPCP ID: 10285

Private Programs Available
Call for Details

**MOUNTAIN**

**Kelli Altounian**
Nationally Certified Pilates Teacher

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 titles
•Co-Wrote or Co-Created over 20 workshops
•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 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
•Producer: "Still Kicking" a documentary on the life stories of the Rockettes

## Location
Peoria, AZ

## Studio
Pilates Sports Center
24282 N. 78th Ave.
Peoria, AZ 85383

Josh Smith
pilatesjosh@gmail.com
1 (818) 209-4588

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

**Spring 2026 Certification:**
Live / Virtual

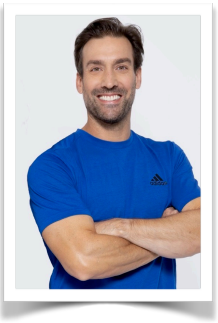
Fundamentals - Virtual
May 2-3rd 2026
7-11am

Mat 1 - Virtual
5/9-10th
7am-12pm

Mat 2 - Virtual
5/16-17th
7am-12pm

Reformer - LIVE in Studio
6/8-13th
5-8 hours per day.

Private Programs Available Call for Details



**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: the Jump Board Workout I & III
- Co-creator of PSC's "Jump Board Workout III – Cardio Pump", PHIIT, " Advanced Cadillac Techniques" and the Pilates for Men series on You Tube
- Creator and featured in: PSC's series, "Pilates For Men: 10-20-30 Challenge" and "PHIIT"
- 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 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"
- Creator of "The Foam Roller Workout" and "Stretch and Stamina"
- 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://
raintreeathleticclub.com/

https://
www.instagram.com/
raintreeathleticclub/

**Instructor Information**
Lee Cooper
NPCP ID# 12243

RAC
RAINTREE ATHLETIC CLUB

**MOUNTAIN**

**Lee Cooper**
Nationally Certified Pilates Teacher

Lee is a graduate of Physical Mind Institute, bridged into Balanced Body, studied Classical Pilates, then found her teaching philosophy in PSC. 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 teaches a 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://twitter.com/PillarStrength

https://www.instagram.com/pillarofstrength/?hl=en

Instructor Information
Sarah Smysor-Panning
NPCP ID# 12227

PILATES on BROADWAY (303) 722-1622

**MOUNTAIN**

**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 PhysicalMind Institute certifying studio, where she also taught certification courses and mentored students.

Continuing education and specialized training adds to her PhysicalMind 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**
Wilder, Idaho

**Studio**
Wild Body Pilates Address

**Contact**
WildinWilder@gmail.com

melanie@wildbodypilates.com

melanie.Eberly@icloud.com

cell: 480-262-1636
studio: 208-289-0818

Instagram:
Wild_Body_Pilates

Facebook:
Wild.body.pilates

LinkedIn:
Melanie Eberly

Website:
WildBodyPilates.com

**MOUNTAIN:**

**MELANIE EBERLY**

I began my teacher training in 2011 and I haven't stopped learning and practicing Pilates since. I'm proud to be Comprehensively trained through Pilates Sports Center and certified as a PSC Master Trainer. I'm certified on Reformer, Cadillac, Chair, Tower, Mat Pilates, Barrels, Burn at the Barre® and TRX. Bridge trained with Club Pilates and BodyBar Pilates.
I knew Pilates was right for my body the moment my shoulders touched the reformer. The Pilates Reformer, Cadillac and Chair offered a way to strengthen and stretch my muscles in a challenging and safe environment. I was hooked at the first session. 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 golf. Practicing Pilates made me stronger and helped with my flexibility, breathing, posture and balance. I found a new endurance level and I could finally sleep at night. I experienced less injuries and overall felt healthy with the new strength in my day-to-day life.

My Pilates community is one of my greatest joys. I have met and loved so many wonderful teachers and students through Pilates. I have created and witnessed countless friendships in the studio. I can't think of a better home to begin your journey than through fitness that is Pilates.

Now, in my 50's, my approach to teaching and fitness is being healthy, strong and fit. What is the WHY for your Pilates journey?
"Change happens through movement and movement heals" Joseph Pilates

**Teacher Training Certification - Full Program**

Tuesdays and Thursdays 12-4pm.
Jan 6-22, Cadillac
Jan 27-Feb 5, Chair
Exams in February

**Location**
Cedar Falls, IA

**Studio**
NRG PILATES

**Address**
508 Washington St
Cedar Falls, IA 50613

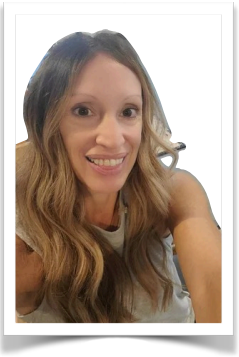
**Contact**
319-259-6022
www.nrgpilates.net
nicky@nrgpilates.net

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 returned to the Cedar Valley and opened their own studio, NRG Pilates. Nicky is a member of the PMA.

**Teacher Training Dates Winter/Spring Dates 2026:**

Fundamentals
2/4 & 2/6, 12-4p

Mat, Saturday & Sunday 11-3:30
2/7, 2/8, 2/14, 2/15

Reformer, Saturday & Sunday 11-3:30p
2/21, 2/22, 2/28, 3/1, 3/7, 3/8, 3/14

Cadillac, Saturday & Sunday 11-3:30p
3/28, 3/29, 4/11, 4,12

Chair, Saturday & Sunday 11-3:30p
4/18, 4/19, 4/26

**Location**
Wichita, KS

**Studio**
Studio 54 Pilates & More

**Address**
9099 W. Central,
Wichita, KS 67212

**Contact**
tel: 316-265-9700 (studio)
620-200-0815 (cell)

studio54pilates.com

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
Onalaska, WI

Studio
The Pilates Studio

Address
1052 Oak Forest Drive
Suite 320
Onalaska, WI 54650

Contact
(608) 781-2656
TheStudio@PilatesStudioLaX.com

thestudio@pilatesstudiolax.com

IG: https://www.instagram.com/pilatesstudiolax/

FB: https://www.facebook.com/profile.php?id=100063630575514

Instructor Information
Heather Happel

## CENTRAL

**Heather Happel** is the owner and founder of The Pilates Studio, where she's been inspiring movement and transformation since 2006. With a deep-rooted passion for anatomy, biomechanics, and problem-solving, Heather specializes in identifying correctable issues and guiding clients toward rediscovering their physical potential, often helping them return to activities they once believed were out of reach.

Her clientele spans a wide spectrum, from 19 to 83 years old, including golfers, elite athletes, weekend warriors, and individuals from deconditioned populations. Heather's approach is both inclusive and empowering, tailored to meet each person where they are and elevate them beyond what they thought possible.

Committed to lifelong learning, Heather has earned certifications in:

- Anatomy in Clay®
- Demi-Barre®
- Power Plate®
- Pelvic Floor health
- Numerous conferences focused on movement science and pain reduction

In 2018, she completed the Master Trainer Program through Pilates Sports Center in Los Angeles. One of her greatest joys is mentoring the next generation of instructors, sharing her expertise and passion for movement in a supportive, hands-on environment.

Outside the studio, Heather thrives in nature. She's an avid hiker, mountain biker, fly fisher, and gardener. She also crafts custom herbal tea blends using plants she grows and forages herself. Pilates has been the foundation that sustains her active lifestyle—enhancing longevity, resilience, and joy in every adventure.

**PILATES TEACHER TRAINING**
Spring 2026 Feb-May 12:30-4:30
Tuesday, Thursday, one Saturday per month

Fundamentals
February 3, 5
Mat
February 10, 12, 17, 19, 21
Reformer
February 24, 26, March 3, 5, 10, 12, 17, 19, 21, 24, 26
Cadillac
March 31, April 2, 7, 9, 14
Chair
April 16, 18, 21, 23, 28
Review/Written Test April 30 & Practical Test May 7

**Location**
Omaha, Nebraska

**Studio**
Coming Soon

**Address**

**Contact**
Bre Kribel
480-205-7317
email: breinnank@gmail.com

Facebook

@thepilatesgolfer

**Instructor Information**
Bre Kribel

**CENTRAL**

**Bre Kribel**

As a kid I grew up in Wisconsin and always had an affinity for sports. I played golf, tennis and volleyball among others. Once in college at the University of Wisconsin, I focused on golf and played four years of varsity golf in Madison. It was also while at university that I was first introduced to Pilates. I remember watching Mari Winsor videos and was fascinated from the start. After finishing college, spending four years playing professional golf and several more caddying for my husband on the PGA Tour, I decided to deepen my knowledge and understanding of Pilates. I have now been teaching for 8 years and I fully believe that all people, especially athletes, can reap the benefits from practicing Pilates.

**Location**
Dallas (The Colony), TX

**Studio**
Reform & Ride Pilates

**Address**
5805 Saintsbury Drive #105 The Colony, TX 75056

**Contact**
972.576.7337

www.reformandride.com

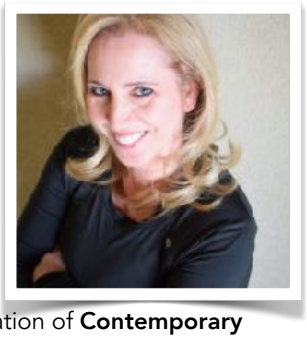
beverly@reformandride.com

FB: https://www.facebook.com/reformandride

IG: https://www.instagram.com/reformandride_/

https://linktr.ee/ReformAndRide

**Instructor Information**
Beverly Seitzinger
PMA / NCPT
ID #16133



## CENTRAL

**Beverly Seitzinger**
Nationally Certified Pilates Teacher

With a deep-rooted passion for the transformative power of movement, I am dedicated to bridging the gap between the precision of **Classical Pilates** and the innovation of **Contemporary methods**. As the owner of a boutique studio, Reform & Ride and a PSC Master Trainer, my mission is to empower the next generation of instructors with a comprehensive understanding of biomechanics, athletic conditioning, and the foundational Joseph Pilates repertoire. I believe that Pilates is a lifelong journey of refinement, and I strive to create an educational environment that is as challenging as it is supportive. Whether I am mentoring students through their initial certification or working with veteran instructors to sharpen their skills, I am committed to upholding the high standards of excellence that define the **Pilates Sports Center** curriculum.

**Pilates Teacher Training Program or Modules**
8/22/26 - 1/23/27
Fundamentals 8/22/26
Mat 8/29/26
Reformer 9/13/26
Cadillac 11/14/26
Chair 1/16/27

Barrels Workshop and Certification
1/30/27-2/6/27

**Location**
Seabrook / Webster, TX

**Studio**
MVMT Studio

**Address**
4104 East Nasa Parkway
Seabrook, Texas, 77586

**Contact**
832 232 2672

Email

movewithkimberlycampos@gmail.com

https://mvmtstudiotx.com/teacher-training

https://www.instagram.com/mvmt_studiotx/

https://mvmtstudiotx.com/home-1

**Instructor Information**
Kimberly Campos

**CENTRAL**

**Kimberly Campos**

Comprehensive PEAK, Yamuna Body Practitioner, Creator Barre 360 (ME Barre), Pink Ribbon Certified. GYROTONIC®, Certified GYROKINESIS®
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.

Full Comprehensive Certification 2026
FUNDAMENTALS / MAT
AUG 28-29 / SEPT 18-20

REFORMER
OCT 2-4 / NOV 13-15 / DEC 4-6 / JAN 2027 8-9

CADILLAC
JAN 10 / JAN 29-31

CHAIR
FEB 19-31

BARRELS AND SMALL APPARATUSES
MARCH 5-6

REVIEW AND TEST OUT DATES TBD

Times for Training: Friday 5pm-8pm
Saturday 12pm-7pm / Sunday 6 hours

**Location**
Austin, Texas

**Studio**
Hill Country Pilates Studio

**Address**
301 Trails End Rd
Driftwood, TX 78619

**Contact**
(646) 246-5226

hillcountrypilatesstudio@gmail.com
www.hillcountrypilatesstudio.com

IG: https://www.instagram.com/bethdukleth/

**Instructor Information**
Beth Honea Dukleth

HILL COUNTRY
PILATES STUDIO

**CENTRAL**

**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

**Contact**
Kadee Sweeney
kadeefit@gmail.com
818-605-8865

**Instructor Information**
Kadee Sweeney
NPCP Cert #12132

https://studio.kadeefit.com/

Youtube: https://www.youtube.com/c/KadeeFIT

IG: @kadeefit

FB: https://www.facebook.com/KadeeFit

https://linktr.ee/kadeefit

KADEEFIT

**CENTRAL**

**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
Fort Worth, TX

## Studio
Be Pilates Studio

## Address
10332 County Rd 1016,
Burleson, TX 76028

## Contact
Breanne Elenburg
be@bepilates.studio
Phone: 1 817-214-1277

https://www.bepilates.studio/

https://www.instagram.com/be_pilates_studio/

## Instructor Information
Breanne Elenburg

**CENTRAL**

**BreAnne Elenburg**
is the Founder and Master Instructor at BE Pilates. A devoted wife and mother of two, she discovered her passion for Pilates several years before earning her full comprehensive certification through Pilates Sports Center in 2020. In 2023, she advanced her expertise by completing her Master Pilates Instructor certification. During her training, she had the opportunity to practice and study under celebrity Master Trainer Kadee Sweeney, further deepening her knowledge and technique.

BreAnne's journey with Pilates began before her pregnancies, allowing her to both practice and teach through those transformative experiences. She's committed to staying current in the ever-evolving world of movement, with a strong focus on injury prevention and functional fitness. BreAnne loves tailoring each session to meet your body's unique needs empowering clients to feel strong, confident, and glow from within, just as Pilates helped her do.

**Full Comprehensive Certification**
January 2026 - May 2026

**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

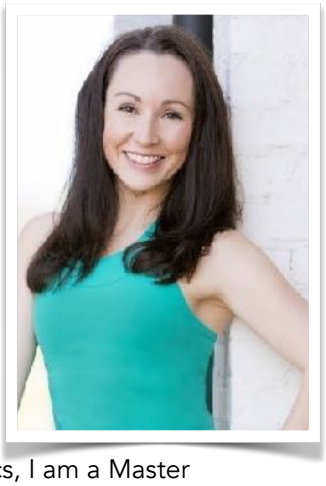
https://www.instagram.com/mywellbalancedlife/

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**
Chicago, IL

**Studio**
Amplified Pilates Center

**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

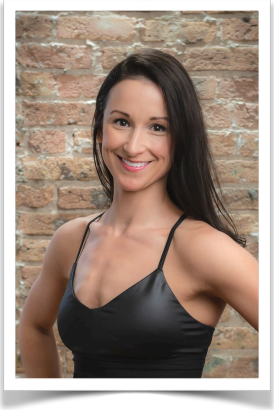
IG: @amplifiedpilates
https://www.instagram.com/amplifiedpilates/

**Instructor Information**
Angela Pawlicki NPCP ID: 11997

Mandie Smith
mandie@amplifiedpilates.com

AMPLIFIED PILATES CHICAGO

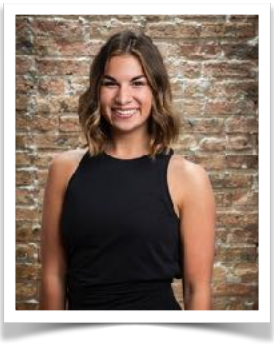
## CENTRAL



**Angela Pawlicki,**
Nationally Certified Pilates Teacher

Pilates saved Angie's body and returned it to health, back in 2000, when a Dance professor at Ohio University introduced her to Pilates. Nagging injuries, from being a USA National Team Rhythmic Gymnast, disappeared after a couple months making weekly Pilates part of her life. Once Angie experienced how Pilates amplified her life, she wanted to share the benefits of Pilates with others. She completed her certification in 2005 through Power Pilates. She spent 6 years teaching at Equinox full time. In 2011, she opened Amplified Pilates in Chicago. Angie became a Master Teacher Trainer for Pilates Sports Center in 2016. She passionately mentors and certifies instructors every year, but also loves training clients, teaching group classes and running a studio. Angie believes the power of Pilates is its ability to impact a wide range of clients' lives from professional athletes, postpartum Moms, rehabilitation clients, to weekend warriors. No matter the client's reason, Angie believes any client can amplify their life with Pilates. Power Pilates Comprehensive certified Instructor 2005
Redcord, CoreAlign, MOTR, Jump Board certified
Pregnancy & Postpartum certified
PSC Master Teacher Trainer

**Mandie Smith**



Mandie is a passionate Pilates instructor whose lifelong love of movement began in the dance studio at age three. She earned her BFA in Dance from UNLV in 2017, where she also discovered Pilates and went on to complete her certification under Dolly Kelepecz, founder of DK Body Balancing Method. Since relocating to Chicago, Mandie has spent the past eight years teaching full-time at Amplified Pilates Center, working with both private clients and group classes. In 2021, she became a Master Teacher Trainer for Pilates Sports Center, expanding her role to include mentoring and educating aspiring instructors. Through her work with clients ages 15 to 85, Mandie has seen firsthand the transformative power of Pilates. She is committed to creating a welcoming space where individuals can build strength, confidence, and a deeper connection to their bodies — no matter where they are in their movement journey.

- DK Body Balancing Method comprehensive certification 2017
- CoreAlign, Jump Board, and Pre-Post Natal Certified
- Balance Body Integrated Movement Specialist
- Pregnancy and Postpartum Corrective Exercise Specialist
- PSC Master Teacher Trainer

**Jan 17th 2026 Pilates Teacher Training Program**
In Studio & Virtual Combination
Saturdays & Sundays 12 pm -4:30 pm

**Location**
Lincolnshire & Palatine, IL

**Studio**
Move Studio

**Address**
MOVE - LINCOLNSHIRE
300 Village Green
Suites 112 & 125
Lincolnshire, IL 60069
(224) 931-4280

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

**Contact**
847-902-9494 (cell)

emily@movestudiopilates.com

movestudiopilatesfitness@gmail.com

https://www.movestudiopilates.com

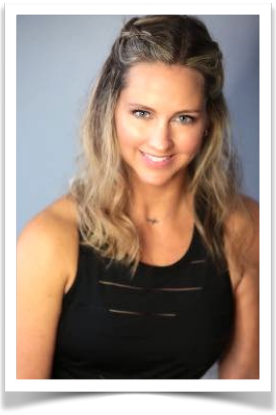
IG: https://www.instagram.com/movestudiopilatesfitness/ @movepilatesfitness

FB: https://www.facebook.com/movestudiopilatesfitness

**Instructor Information**
Emily Schneider

MOVE STUDIO
PILATES & FITNESS

**CENTRAL**



## Emily Schneider

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**
Nashville, TN

**Studio**
Meliora Movement

**Address**
1106 Woodland Street, Suite 3,
Nashville, TN 37206

**Contact**
(615) 212-5821
mysti@MelioraMovement.com

linktr.ee/MelioraMovement

https://melioramovement.com

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

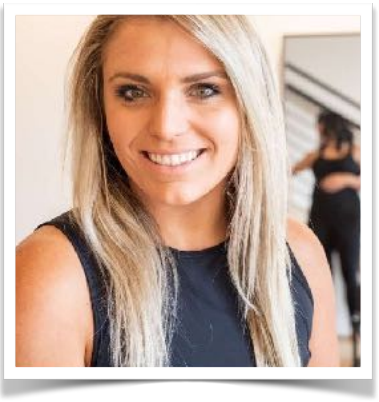
@melioramovement

@mysti_movement

**Instructor Information**
Mysti Meese Little
NPCP ID#15387

meliora movement

## CENTRAL



### Mysti Meese Little
Nationally Certified Pilates Teacher

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 through Balanced Body, training under Master Instructor David Gensheimer. She is a Nationally Certified Pilates Teacher, NCPT #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**
Louisville, KY

**Studio**
Holly's Pilates Village

**Address**
201 Meridian Ave. Louisville, KY 40207

**Contact**
(502)-409-4200
502-299-1221 (w)
502-403-5391 (cell)

holly@pilatesvillage.com

teresa.pilatesvillage@gmail.com

https://www.pilatesvillage.com/

IG: https://www.instagram.com/pilates_village/

https://www.facebook.com/HollysPilatesVillage01/

**Instructor Information**
Holly Holland
Nationally Certified Pilates Teacher
& Master Teacher Trainer
Level 3 Pilates for Neurological Conditions Practitioner
E-RYT (500) Yoga Teacher
NPCP #14141

Teresa Willis
#782566
818.631.6743 (cell)

Holly's PilatesVillage

**EASTERN**

**Holly Holland**
Nationally Certified Pilates Teacher

Owner of Holly's Pilates Village since 2016, and a Pilates Sports Center Master Teacher Trainer since 2017. She is also a Neuro Studio Level 3 Practitioner, a licensed Buff Bones® instructor, a RYT-500 certified yoga teacher, and a certified TRX® instructor. Holly completed advanced training in the Balanced Body and Cascadia Pilates CoreAlign® systems, comprehensive training from Integrated Balance Pilates. the StretchFit assisted stretching method, and she is a certified McLoughlin Scar Tissue Release (MSTR®) instructor. Formerly a journalist and book editor, Holly has a master's degree in journalism from American University.

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. When I discovered the Pilates repertoire and integrated these exercises with my yoga practice, I tapped into strength, balance, and flexibility that I didn't know were possible. 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.

**Teresa Willis**
Nationally Certified Pilates Teacher

Teresa earned her Pilates Certification from Core Conditioning in Los Angeles in 2003. She began working at Pilates Studio City, which was then owned by her mentor, Kelli 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 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.

**Teacher Training Holly's Pilates Village**
January 3, 2026

**Location**
Suwanee, Georgia

**Studio**
Core Pilates

**Address**
3592 Old Atlanta Rd. Suite 101
Suwanee, GA. 30024

**Contact**
470-239-4438
charityvanhorn@Corepilatesga.com

www.CorePilatesGA.com

Instagram:
@Corepilatesga1

Facebook:
Corepilatesga

**Instructor Information**
Charity Van Horn
NPCP# 37077

EASTERN

## Charity Van Horn
Nationally Certified Pilates Instructor

Master Trainer with Pilates Sports Center
Pilates Certifications with Pilates Sports Center -Mat, Reformer, Cadillac, Chair, and Ladder Barrel
Power Plate trained & qualified
TRX Suspension trained & qualified
ACE & AFAA Group fitness certified
Owner of Core Pilates in Suwanee, Georgia

Charity started her journey in the fitness industry in 2005 teaching Les Mills group fitness in the small town of Statesboro Georgia. That is where her love for teaching others and helping them see what movement can do to change their bodies began. Her entry to Pilates started in 2013 where she was first exposed to Studio Pilates in Greenville, SC. It didn't take long before she knew this was what she wanted to pursue. She loved the controlled movements, and how the Principals of Pilates connected her mind and body to the movement.
Charity was comprehensively trained by Master Trainer Layne Garner through Pilates Sports Center in Claremont California at The Claremont Club.
In 2019 Charity moved from Alta Loma California to Suwanee, Georgia. During covid, she opened a home-based Pilates studio in 2020. In January 2024 she moved the Home Studio to the commercial location where it is today. Currently Core Pilates is a thriving business with an amazing team of instructors who focus on providing expert skill and personalized attention to each person who walks through the doors.
When Charity isn't in the studio, you'll find her at home with her family or on the tennis courts playing recreational tennis.
Charity has a passion for movement and enjoys sharing that passion with others.

**Pilates Fundamentals and Philosophy**
July 25th , July 26th 2026 (2 days)
**Mat Pilates Teacher Training**
August 8th, 9th, 14th, 15th 2026
**Pilates Reformer Teacher Training**
August 20 – September 24th 2026
Thursdays from 3pm-8pm, Select Saturdays are 9am-4pm
**Cadillac Pilates Teacher Training**
October 15th - November 12th 2026
**Wunda Chair Pilates Teacher Training**
December 3-December 17th 2026
**Pilates Barrels Teacher Training**
January 28-31st 2027

**Location**
Red Bank, NJ

**Studio**
Pilates Blast

**Address**
134 Broad street
Red Bank NJ 07739

55 N Gilbert Street -
Building #3 Suite CB101,
Tinton Falls, NJ 07701

**Contact**
732 - 747 - 6388

www.PilatesBlast.com

info@PilatesBlast.com

https://www.instagram.com/pilatesblast/

https://www.facebook.com/pilatesblast

Instructor Information
Dani Rubin

**EASTERN**

**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**
151 Greentree
Rd, Suite E, Marlton,
NJ 08035

**Contact**
856-304-5556
laurie@pilatesplusrestoration.com

http://www.pilatesplusrestoration.com/

@pilatesplusmarlton

**Instructor Information**
Laurie DiMatteo-Weiner
NCPT, ACE-CPT, R-YFT
NPCP ID#13687

**EASTERN**

**Laurie DiMatteo-Weiner**
Nationally Certified Pilates Instructor

Laurie's journey in health and fitness is driven by a lifelong passion for helping others achieve lasting wellness. She launched her career in 1995 as a fitness instructor at Bally Total Fitness, quickly rising to Group Fitness Manager. It was here she discovered Pilates in 1996 and was captivated by its healing power. In 2000, Laurie took a bold step and opened her own Pilates studio, where she has since witnessed profound physical and emotional transformations in her clients—from athletes and weekend warriors to seniors and children.
A Master Trainer for Pilates Sports Center prepares future Pilates teachers with a blend of classic and contemporary techniques. Graduates of her 450-hour program are well-equipped for the Pilates Method Alliance and NCPT certification exam and have gone on to successful teaching careers.
Certified as a Personal Trainer by the American Council on Exercise and a Master Pilates Teacher, Laurie holds over a dozen certifications in fitness, Pilates, Hatha Yoga, Yin Yoga, Trauma Therapy Yoga, Gyrotonic, Gyrokinesis, Reiki, Integrated Energy Therapy, and Ayurveda Nutrition. She is committed to ongoing education to stay at the forefront of exercise science and nutrition.
Laurie's holistic approach emphasizes personalized programs that maintain balance and harmony in the body. Her mission is to support clients of all ages and fitness levels in staying strong and active, regardless of injuries or challenges. Most importantly, Laurie's passion for what she does shines through every day.

JANUARY 2026 CERTIFICATION
NUTS AND BOLTS - 1/16 & 1/17 12:30pm
MAT - 1/23 - 2/24
MARCH 2026 - REFORMER - 3/6 - 4/11
APRIL 2026 - CADILLAC 4/24 - 5/16
MAY 2026 - CHAIR 5/22 - 6/6

**Location**
Longwood / Orlando, FL

**Studio:**
FORMé Heat Studio
950 W. SR 434, Longwood, FL 32750

**Social:**
https://forme-studio.co/

https://www.instagram.com/formestudioslongwood

LinkTree

@formestudioslongwood

**Contact:**
Christine Mercedes
contact@forme-studio.com

321-972-2239

**EASTERN**

Longwood / Orlando

After Becoming classically trained , I found an opportunity immediately with the Club Pilates brand. Spending my entire teaching career within Club Pilates I was honored to be referred by both corporate and privately owned locations for their Master Training program. Through that path, I had the privilege of mentoring 12 instructors from start to their final test outs. While the program is robust, with layered apparatus training and apprenticeship opportunities, I found it lacked an essential element: leadership through Pilates.

For me, the role of a Master Trainer is not only about delivering a syllabus but also about bridging the gap between assertive clients who are growing through the practice and those inquiring about the deeper distinctions in Pilates. In reflecting on how I could teach and embody this at a Master Trainer level, I studied the program's syllabus and discovered it was anchored heavily in theoretical examination while lacking in the practical application that makes Pilates come alive.

Pilates Sports Center offers exactly the dynamics of education I've been seeking: a balance between **theory and practical application**. This creates conviction, effective learning, and the ability to connect the modern world of Pilates with the origins and essence of the method. PSC reinforces what I've always believed , "strong has always been fit" — not the other way around — and that resonates deeply with me.

**Location**
Bluffton, SC

**Studio**
TruFit Pilates & Nutrition

**Contact**
843-368-2314 cell
info@truefitpilates.com
jwolfefitness@gmail.com
www.truefitpilates.com

**IG Link**

**FB**

**Instructor Information**
Jennifer Wolfe,
MS, CSCS, PPSC, CES
Holistic Health/Nutrition Coach, IIN

NPCP ID: 12057
*BURN AT THE BARRE™ Master Trainer

**EASTERN**

**Jennifer Wolfe**
Nationally Certified Pilates Instructor

With more than two decades of experience in the fitness and wellness industry, Jennifer has transformed countless lives through personalized coaching in Pilates, strength training, fascia release, nutrition, and holistic health. Her passion lies in mentoring both clients and aspiring instructors to achieve their goals, whether that's recovering from injury, improving athletic performance, losing weight, or stepping into a new career as a Pilates instructor. She has had the honor of working with a wide range of individuals, from professional athletes and fellow instructors to rehab and weight-loss clients, always tailoring her programs to meet the unique physical, emotional, and nutritional needs of each person. Jennifer's impressive credentials include a Master's Degree in Exercise Science, Sport & Exercise Psychology, and Fitness Management, as well as advanced certifications such as Certified Strength and Conditioning Specialist (CSCS), Pain-Free Performance Specialist (PPSC), and Cancer Exercise Specialist (CES). She has been a Master Teacher Trainer since 2010, and she brings her expertise into classrooms as a former kinesiology professor and a nationwide presenter and published author.
In addition, Jennifer is a Certified Holistic Health and Nutrition Coach with extensive education in gut health, food sensitivities, hormones, detoxification, and digestive wellness. Above all, Jennifer believes in the power of small, consistent achievements to create life-changing transformations and she feels deeply honored to be part of that journey for every person she works with. When she's not leading classes or mentoring instructors, Jennifer is at her most joyful in her favorite role: mom to three amazing boys.

**Location**
Franklin, NC

**Studio**
Pilates Training Company

**Address**

**Contact**
Megan Drake
(661) 406-8312

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www.pilatestrainingcompany.com

**Instructor Information**
Megan Drake
17244 NCPT #

**EAST COAST**

**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.

**SUMMER 2026 PILATES TEACHER TRAINING:**
Pilates Training Company in Franklin, NC & VIRTUAL

Days/Times: 2-3 weekends/month Saturdays 10am-4pm and Sundays 10:30am-4:30pm

Pilates Fundamentals: July 11-12
Mat Pilates: July 12, 18-19, Aug 1
Reformer: Aug 2, 8-9, 22-23, 29-30, Sept 12-13
Cadillac: Sept 13, 19-20, Oct 3
Wunda Chair: Oct 4, 10-11
FINAL EXAMS: Oct 17-18

INTERNATIONAL

## Location

Seoul, South Korea

**Studio**

Edel Pilates

**Address**

15, Seolleung-ro 132-gil, Gangnam-gu, Seoul, Republic of Korea

**Contact**

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Seoyeon Lee I 에델 이서연 원장
NCPT #17515

edelpilates@gmail.com

**Instructors**

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

Web: Edel Pilates Academy
WEB
LINK TREE
IG
BLOG

**INTERNATIONAL:**

**Seoyeon, Lee**

I started practicing Pilates because of back pain. Pilates has changed many things in my life, not just my back pain. After learning Pilates, I got a healthy body, mind, and life. This is how I became a Pilates instructor. For now, I am a CEO of Edel Pilates with Stott Pilates certification and NCPT qualifications. Currently, I hold the hosting qualifications for PSC Pilates which is truly excellent education.

**Chan Mi, Heo**

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 a hospital. During her search for more effective treatment methods for her clients, she came across Pilates. Meanwhile, she suffered a back injury in a car accident, and while rehabilitating, she experienced the effects of Pilates and fell in love with it. She became a Pilates instructor and has been teaching since 2016. In 2022, she was certified by the PSC's Master Teacher Program. Currently, she is in charge of PSC training at Edel Pilates.