

# America's Next Top Pilates Teacher

The Next Pilates Anytime Instructor Competition is looking for the newest Pilates video star

by Anne Marie O'Connor

Singers have *American Idol*, dancers have *So You Think You Can Dance* and fire-eating-sword-swallowing acrobats have *America's Got Talent*. Now Pilates teachers have a contest to find the next Pilates video star: The Next *Pilates Anytime* Instructor Competition. The contest, which is sponsored jointly by *Pilates Style* magazine and *Pilates Anytime*, a subscription-based website that offers streaming video of almost 400 classes, allows the Pilates community to vote for the contestant they believe will make a great new [pilatesanytime.com](http://pilatesanytime.com) instructor.

The winner will receive a five-night trip to California where they will shoot a class for *Pilates Anytime*, collaborate with *Pilates Style* on a workout story and attend the Pilates Method Alliance (PMA) Conference in Palm Desert, CA.

"For the past year, we've received an influx of instructors interested in teaching on the site," says Kristi Cooper White,

the founder of *Pilates Anytime*. "Most of those inquiries were from people with impressive resumes," adds Cooper White, who first began teaching at the age of 15 at master teacher Kathy Corey's studio, The Body Firm. "I was overwhelmed by the thought of overlooking someone, so we thought The Next Pilates Anytime Instructor Competition would be a good solution. We would get a chance to 'meet' many talented instructors from all over the world, and they would have the chance to represent themselves and their work in front of a jury of their peers."

Though the top 10 finalists won't be announced till after our publication date, we wanted to introduce you to the top contenders at press time (subject to change pending review). Don't miss your chance to vote for your favorite instructor in the final phase, which ends on September 18, 2011. May the best teacher win!

## LYNNÉ BRODRICK

**STUDIO:** Core Intelligence Pilates Studio in Pretoria, South Africa

**CERTIFICATION:** BASI Pilates

**YEARS TEACHING:** 5

**PS:** How can a great Pilates video enhance a student's practice?

**LB:** When teaching people whose first language is not English, I find I get a question mark on their foreheads when I use certain terms like "unilateral." Some will ask what it means, others will stay quiet, then go and Google it. The great thing about a DVD is you can pause it, watch it over and over while they explain different Pilates terms until you understand.

**PS:** What was the most significant thing you ever learned from a Pilates video?

**LB:** *Pilates Workout for Dummies* with Michelle Dozois. With this DVD, I realized that everyone should have a beginner DVD; if you know the Pilates principles, you will know how to turn a beginner workout into an advanced one.





## GEORGIA BURNS

**STUDIO:** Body Harmonics Pilates in Toronto, Canada

**CERTIFICATION:** PhysicalMind Institute, Body Harmonics Pilates

**YEARS TEACHING:** 10

**PS:** How can a great Pilates video enhance a student's practice?

**GB:** A great video is simple and fun so you embody the basics and have a good time doing it.

**PS:** What was the most significant thing you ever learned from a Pilates video?

**GB:** Actually, it was from an audio cassette by Margot McKinnon I first [heard] over 10 years ago. The most important thing I learned from it is [how] to cue meaningfully. A good cue helps you get deeper every time you hear it.

## CHERYL DUNN

**STUDIO:** CORE Therapy and Pilates Teacher Training in Austin

**CERTIFICATION:** Retrofit Pilates, ITT San Francisco, Madeline Black for Mastery Level Pilates, Gyrtonic, Gyrokinesis, "Passing of the Torch"

**YEARS TEACHING:** 9

**PS:** How can a great Pilates video enhance a student's practice?

**CD:** Since students learn in different ways, a video is a great way for visual learners to learn a new skill. When teaching, if my student can hear it, see it and experience it, they are more likely to then learn and retain it; consistency is key. Students can also brush up on a technique while referring to a video.

**PS:** What was the most significant thing you ever learned from a Pilates video?

**CD:** If I have to pick just one, it would be Brent Anderson's informational video that came with the "infinity foot bar" clinical Reformer, which demonstrated several modifications to the existing repertoire. I believe modification is key to working with a diverse population.



## LUCY GARCIA

**STUDIO:** The Sporting Club in San Diego

**CERTIFICATION:** STOTT PILATES®, West Coast Pilates, PhysicalMind Institute mat, Long Beach Dance Conditioning Core and Inner Unit

**YEARS TEACHING:** 12

**PS:** How can a great Pilates video enhance a student's practice?

**LG:** Even though I've been teaching for a long time now, I still watch excerpts of a DVD before I go to work as it puts me in the right frame of mind. I have an extensive collection of Stott DVDs, so I always watch a different one and gain inspiration each time to help me teach a creative class. They help stimulate my mind and to teach with variety. My clients always ask me how I think of new exercises all the time; that's my secret!

**PS:** What was the most significant thing you ever learned from a Pilates video?

**LG:** Most of the DVDs I have are of Stott continuing education courses I have already taken. One is an excellent rehab series with physical therapist Melanie Byford-Young. Each DVD has extra bonus sections where she talks in depth about therapeutic principles, the latest research and how to apply this to a client. These segments discuss how to modify exercises and to cue clients and to watch for incorrect movement patterns and how to promote correct firing patterns.





## ZAYNA GOLD

**STUDIO:** Boston Body Pilates in Boston

**CERTIFICATION:** Stott Pilates

**YEARS TEACHING:** 20

**PS:** How can a great Pilates video enhance a student's practice?

**ZG:** It [lets] you fit Pilates into your daily schedule. Consistent and regular practice is the key to results, so an inspiring video instructor keeps you coming back for more!

**PS:** What was the most significant thing you ever learned from a Pilates video?

**ZG:** The first time I watched Joseph Pilates' archival videos changed my Pilates practice and teaching style forever. His message is clean and clear: Keep it simple, keep it positive and believe that anyone can transform their body and their mind with 10, 20 and 30 sessions.

## KAHLEY SCHILLER

**STUDIO:** Pilates by Kahley in Overland Park, KS

**CERTIFICATION:** University of Nevada, Las Vegas, D.K. Body Balancing Method

**YEARS TEACHING:** 8

**PS:** How can a great Pilates video enhance a student's practice?

**KS:** A Pilates DVD can be a great teaching tool because it allows the student to view and practice the exercises at their convenience.

**PS:** What was the most significant thing you ever learned from a Pilates video?

**KS:** *Romana on Pilates: The Legacy Edition* DVDs are like gold to me! I have learned so much from them, but most importantly about the genius that is Pilates!



## JAMIE SHARPE

**STUDIO:** Triangle Pilates and Cary Yoga Center in Cary, NC

**CERTIFICATION:** Power Pilates and PMA®-CPT

**YEARS TEACHING:** 6

**PS:** How can a great Pilates video enhance a student's practice?

**JS:** Videos can help a beginner get an idea of what Pilates is all about and allow them to see each move executed correctly. They can also hear explanations and verbal cues to help them try each exercise themselves in the comfort of their own home.

**PS:** What was the most significant thing you ever learned from a Pilates video?

**JS:** A good instructor providing a well-rounded routine like the Reformer on the mat workout with Bob Liekens can still connect with the participant even though they are not physically in the same room.

## LEE VALLELY

**STUDIO:** Redbird Pilates & Fitness in Austin

**CERTIFICATION:** BASI Pilates

**YEARS TEACHING:** 10

**PS:** How can a great Pilates video enhance a student's practice?

**LV:** The student can maintain a more consistent practice between private and/or group sessions. This is especially true for those who travel for work as well as when on vacation. Having access to a high-quality video can keep a client on track and reduce the stress of travel as well. In addition, the video instruction can be replayed and studied, giving the client the opportunity to repeat many exercises to increase precision and enhance technique.

**PS:** What was the most significant thing you ever learned from a Pilates video?

**LV:** I think some of the most important things I've learned from Pilates videos are the opportunity to study the precise detail in execution of any given exercise and the wonderful variation in new and different choreography using classic exercises. Some of my favorite teachers are Rael Isacowitz, Kristi Cooper White and Julian Littleford.



## JENNA ZAFFINO

**STUDIO:** Helios Center For Movement in Chicago

**CERTIFICATION:** Qualified Fletcher Pilates® Teacher, PMA-CPT

**YEARS TEACHING:** 9

**PS:** How can a great Pilates video enhance a student's practice?

**JZ:** A great video involves cues, imagery and appropriate exercise selection that enables the student to practice outside of the studio setting. Referencing the lessons learned with their teacher, the student can be guided through an in-home practice in a safe and progressive way.

**PS:** What was the most significant thing you ever learned from a Pilates video?

**JZ:** From Pilates masters Ron Fletcher and Kathy Grant, I learned that Joseph Pilates truly took a "whole body" approach to movement programs that began with the spine, regardless if the student complained of other areas of pain or dysfunction.



## JENNIFER GOLDEN ZUMANN

**STUDIO:** Pilates Chicago in Chicago

**CERTIFICATIONS:** Pilates Chicago, PMA-CPT, ACE, PhysicalMind Institute, enhanced study with numerous master teachers

**YEARS TEACHING:** 14 years

**PS:** How can a great Pilates video enhance a student's practice?

**JGZ:** An at-home practice offers the universal values of self-exploration and personal creativity, but it can sometimes lack motivation, become repetitive and under-challenging. With a thoughtful and inspirational video, the student can find new suggestions, challenges and discoveries that would otherwise be reserved for a studio session.

**PS:** What was the most significant thing you ever learned from a Pilates video?

**JGZ:** My teaching was forever changed when I discovered videos with footage of Mr. Pilates himself doing his method. His power, grace and tremendous control remind me of the origins of this work and inspires me to offer my students a holistic workout to benefit their body, health and sense of vitality.



Anne Marie O'Connor is the executive editor of Pilates Style.