Pilates Résumé  
Joanie Collins

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# Pilates path 1976 - 2022

My experience with Pilates began over 40 years ago. I left Washington D.C. to go to New York City to study dance and perform. Anne Marie DiAngelo, the director of the Peridance Contemporary Ballet company, recommended Pilates. I went to work with Kathy Grant, mostly, and Carola Trier from 1980 through 1984, then continued in Los Angeles with Ron Fletcher. These incredible individuals were instructors of life as well as Pilates, and are three of the nine original disciples of Joseph Pilates. I also met Jillian Hessel through ballet and Pilates classes in New York City.

1987 I went to work with Jillian Hessel at "The Well Tempered Workout", in Los Angeles, CA. While working closely with Jillian and gaining a deeper understanding of the principles of the Pilates method, and incorporating some Iyengar yoga, I learned how to modify the exercises to help restructure and balance the spine. Jillian is an amazing instructor, and continues to be my Pilates mentor to this day. Through the Pilates Method I have achieved dramatic results with clients challenged by physical limitations such as scoliosis, osteoporosis, spinal stenosis, fibromyalgia, frozen shoulder, hip and knee replacements and other imbalances.

Currently, as a Pilates and dance instructor, as well as a musician and music teacher, I apply my knowledge of body mechanics to all disciplines. I have such respect for the work and my understanding of this method deepens and increases every day, with each new body.

**QUALIFICATIONS**

In 1992 I completed the Pilates Institute’s certification program for teaching mat-work and apparatus at the “Well Tempered Workout”.

Substitute teacher at USC.

# Experience/History

* **2020 - present: teaching online on Zoom; privates and duets.**
* **2017 -** Matwork Pilates at the Kohala Village HUB.
* **2016 -** Opened a studio in Hawi, HI; “Mālameleola”, primarily private Pilates, one-on-one and duets, also other healing modalities.
* **2015 -** Started “Aloha Pilates of Kona - Kohala”, servicing South Kona, Kailua Kona, and North Kohala
* **2014 - 2015** - M2 Fitness
* **2013 - 2019** - Private Pilates reformer and tower sessions at the Club of Kona ; group reformer and circuit Pilates classes.
* **2012 - Present** - developed a Yoga / Pilates studio in Kealakekua, “Manini Mermaid Studio”, available for private sessions. Facilitate fitness and nutrition for retreats.
* **2012 - 2013** - Created a Pilates program at the Kamehameha Beach Hotel Spa in Kailua-Kona
* **2006 – 2012** - Instructor; Yoga, Yogalates, Pilates mat-work, and Cardio-lates classes:

Soul and Body Yoga - Moorpark, CA

Yoga Works - Thousand Oaks, CA

Total Woman - Thousand Oaks, CA

Body and Mind - Ventura, CA

Forever Fit Pilates - Silver Strand, CA

Yoga Channel - Silver Strand, CA

Edge Club - Channel Islands Harbor, CA

Carpinteria Athletics - Carpinteria, CA

Carpinteria Womens Club - Carpinteria, CA

* **2003 – 2007** – Santa Barbara, taught at De Wild Pilates, and at the Santa Barbara Ballet Center.
* **2001 – 2002** SLC “Infusion Yoga and Pilates Studio”.
* **2000 –** Queen’s Hospital, Honolulu –Informational intro to Pilates for Physical Therapists
* **1995 – 1999** – Worked with Karen Stubbs at “Pilates of Hawaii” as a guest teacher
* **1995 – 2000** - Founder and Artistic Director of “**P.A.C.E.S.** – Performing Arts And Cultural Exchange Studios”; Choreographer, and teacher. Ballet, modern, jazz dance, Pilates and music (violin, piano, ukulele, voice). Created community events, bi-annual performances at the Aloha Theater, brought artists to the Island, hosted seminars, booked island wide demonstrations and performances.
* **1995 - 1996** –“Honolulu Club” to assist teach with Jillian Hessel
* **1994 - 1995** - Worked with Dietrich Lawrence, Pilates studio in Kona
* **1994 –** Taught for Neil Primack at “Rehab in Kona”
* **1994 - 1995** - Honaunau,HI; Opened“Spacific Fitness”, a home-based studio - taught Pilates mat-work classes, Yoga, and Dance based exercise, creative movement for children and Girl Scouts
* **1992 - 1994** - Kailua-Kona; taught Pilates at the “Dance Center”, helped to create “West Hawaii Dance Theater”
* **1992 –** Completed Pilates mat-work and apparatus Certification with Jillian Hessel
* **1990 -** Pilates with Ron Fletcher
* **1986 - 1992** - Los Angeles; Pilates with Jillian Hessel at The Well Tempered Workout
* **1980 - 1984** - Pilates with Kathy Grant
* **1979 - 1980** - NYC; Peridance, contemporary ballet company
* **1977 - 1979** - Washington DC - Jan Taylor, modern dance; Ethel Butler, Graham dance company; Liz Webster, Jazz dance; Capitol Ballet, under Keith Lee; Tangerin Contemporary Dance under the direction of Larry Ensign in Wash., DC
* **1976** – Discovered Pilates in Washington D.C., Larry Ensign