

LESLIE MILLER

Lesliemillerstudios.com

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646-703-3571

Summary Of Skills and Experience

- Extensive experience as a Pilates instructor in a variety of academic and private environments
- Excellent knowledge of both classical and contemporary Pilates on all apparatus
- Excellent interpersonal skills, great customer service with upscale client management
- Excellent knowledge of kinesiology and anatomy
- Proficient knowledge of other fitness techniques including Barre, TRX and Gyrotonics

Work Experience

Pilates Instructor

Mighty Pilates, Santa Monica, Sherman Oaks, San Francisco, CA

2015-

- Teach group reformer, springboard and TRX athletic style classes (Class size up to 9)
- Teach Private and Duet classes using Balanced Body reformer, Cadillac, chair and mat
- Taught celebrities and high-end clientele
- Teach group and private on-line zoom contemporary Pilates Mat

Natural Pilates, Beverly Hills, West Hollywood and Brentwood, CA

2017-2022

- Teach group reformer, tower and chair athletic and classical style classes
- Teach Private and Duet classes using Stott reformer, Cadillac, chair and mat
- Teach group and private on-line zoom contemporary Pilates Mat

Spinlates, Hollywood, CA

2015-2016

- Teach group reformer contemporary and classical Pilates classes
- Teach Private and Duet classes using Peak fit reformer and chair
- Trained models and high-end clientele
- Register and sign-in students

Hale Pilates, Redondo, CA

2014-2016

- Teach reformer, tower and TRX classes
- Teach Private and Duet classes using Gratz reformer, Cadillac, chair and mat
- Trained professional athletes and high-end clientele
- Represented them as an instructor for lululemon Pilates mat class.

Loyola Marymount University

2014-2015

- Taught Classical Mat Pilates Courses (included general anatomy and history of Pilates)
- Taught in the LMU Dance Depart Pilates Lab (included reformer, Cadillac, and chair)
- Coached Dance majors, dance minors and general student populations
- Worked in helping dancers rehabilitate from injuries and orthopedic surgeries

Other Work Experience

Radio City Rockette, *Radio City Christmas Spectacular*, New York, NY

Ballet Dancer *Sleeping Beauty and Le Corsaire*, American Ballet Theatre, New York, NY

Complexions Contemporary Ballet, Founding member, New York, NY

Musical Theatre: *The Producers, Funny Girl, Spamalot, Addams Family Musical*, Los Angeles, CA

Education

Balanced Body University Pilates Training, Beverly Hills and Orange County, CA

American Ballet Theatre National Curriculum, New York, NY and Orange County, CA

Gyrotonic Expansion System, New York, NY

MFA in Dance Smith College, Northampton, MA

BFA in Dance University of Massachusetts, Amherst, MA