

SO YOU THINK YOU CAN TEACH PILATES?

Meet the 10
finalists for the Next
Pilates Anytime
Competition.

by Anne Marie O'Connor

Who will be the next Pilates video star? The Next Pilates Anytime Competition, a joint contest with Pilates Style, lets method fans decide! Pilates instructors from the world over auditioned for the chance to shoot a professional video for Pilates Anytime, a subscription-based website that offers streaming video of hundreds of classes featuring some of the best-known teachers around. Pilates Style subscribers and Pilates Anytime members can vote for one of the 10 finalists between August 20, 2012, and September 16, 2012. The winner will shoot a workout video at the Pilates Anytime studio, be featured in a four-page spread in Pilates Style magazine, and receive round-trip transportation to Santa Barbara, CA, along with hotel accommodations for six nights and a pass to the PMA conference. For more information and to cast your vote, check out www.pilatesanytime.com. Here are the 10 talented finalists. **PS**



ALLISON BEARDSLEY

STUDIO: Club Pilates, five locations in the San Diego area

CERTIFICATIONS: Long Beach Dance Conditioning; PhysicalMind Institute

YEARS TEACHING PILATES: 10

How can a Pilates video enhance a practice? "When you aren't able to make it to the studio, a video is the next best option. You just need space."

What would you like viewers to get from your video? "My mission is to bring affordable Pilates classes to the masses in every city across the world. My video shows that 12 people can be in a group apparatus class and safely get the same benefits you get in a studio setting."



HAYLEY HOBSON

STUDIO: NoBo Pilates & Yoga; also teaches at Colorado Athletic Club, both in Boulder, CO

CERTIFICATIONS: PhysicalMind Institute; The Pilates Center

YEARS TEACHING PILATES: 13

How can a Pilates video enhance a practice? "By making Pilates accessible anytime, anywhere, so a student can practice more often."

What would you like viewers to get from your video? "I'd like students to get a feel for my personality, my teaching style and more importantly [my] detailed alignment cues. They may have done the exercises a million times, but my cues will help them to move and integrate in a different way."



CARRIE CAMPBELL

STUDIO: Positively Pilates in New York City and Hoboken, NJ

CERTIFICATIONS: Power Pilates NYC (600-hour Comprehensive Certification)

YEARS TEACHING PILATES: 13

How can a Pilates video enhance a practice? "They allow you to gain new insights into old exercises as you can take classes from an array of skilled teachers."

What would you like viewers to get from your video? "You should carry the Powerhouse connections that you make in a workout throughout your daily life, whether you sit at a computer or run after your kids all day."



CARRIE MACY

STUDIO: Equinox Fitness Clubs in Los Angeles

CERTIFICATIONS: with Romana Kryzanowska at Pilates, Inc.; and Power Pilates

YEARS TEACHING PILATES: 11

How can a Pilates video enhance a practice? "It allows students to increase the number of times a week that they do Pilates. The more often one practices Pilates, the more quickly one's body will change."

What would you like viewers to get from your video? "I want my students to feel empowered and like they've had a vigorous full-body workout."