

California

Kristine Marie McFerren MSPT
Kristine Marie, LLC
Palm Desert, California
208-866-8312
kris@kristinemarie.net
www.kristinemarie.net

Barbara Stamis
Pilates:Beyond the Method
Santa Monica, CA
310.857.8862
barbara@barbarastamis.com
www.BarbaraStamis.com

Nicole Stewart
Pilates with Nicole
West Hollywood, CA
310-285-6628
info@pilateswithnicole.com
www.pilateswithnicole.com

Connecticut

Cait Lyddy
Westport Pilates
420 Post Road West
Westport, CT 06880
203-227-7969

Idaho

Olympia Nuttall
Innerflo Movement Studio, LLC
301 Bell Drive, Suite 61
PO Box 5041
Ketchum, ID 83340
208-726-2458
info@innerflopilates.com
www.innerflopilates.com

Indiana

Emily Bogard
Pilates Annex
672 S. College Ave.
Bloomington, IN 47403
812-824-9075
www.pilatesannex.com

Massachusetts

Deborah Cookish
Freedom of Movement Pilates Studio
3 Main Street
Lunenburg, MA 01462
978-582-0786

dcookish@aol.com

Heidi Gilpin, Ph.D.
2 Gooseberry Lane
Hadley, MA 01035
413-549-1341
hgilpin@amherst.edu

New Jersey

Lynn DeLancey
Customized Fitness
324 Godwin Avenue
Midland Park, NJ 07432
201-637-4066
www.bodybylynn.com

Christie Freeman
Heather Harington
Project Pilates
341 Grove Street, 2nd Floor
Jersey City, NJ 07302
201-432-5849
201-Healthy
info@projectpilates.com
www.projectpilates.com

Donna Zaloom
Longevity Pilates
235 Prospect Avenue
West Orange, NJ 07052
973-632-0830
www.longevitypilates.com
dzaloom@longevitypilates.com

New York

Kelley Black
KBC Exploration
415 Grand Street, E1504
New York, NY 10002
kelley@kbceexploration.com
www.kbceexploration.com

Jeanne Schickler Compisi
Pilates of Rochester
90 Windemere Rd.
Rochester, NY 14610
585-410-4266
www.pilatesofrochester.com

Michelle Cottle
BODYGENIUS
15 Haines Road
Bedford Hills, NY 10507
914-629-8985
mdcottle@yahoo.com
www.bodygenius.net

New York cont'd

Sheryl Dluginski
Generations Fitness
NYC and Long Island
516-567-9740
generationsfitness@hotmail.com
www.generationsfitness.net

Lucia Esposito
Chelsea Movements Inc.
175 Seventh Avenue
New York, NY 10011
(212) 414 1103
Chelseamovements@yahoo.com
www.Chelseamovements.com

Mary Foster
75 East 4th Street
Apt 6B
New York, NY 10003
212-673-4590
maryfosteranskaya@yahoo.com

Dallas R. Fuentes
Perfect Parts Pilates, Inc.
171 East 105th St., Suite 10
New York, New York 10029
dallas@perfectpartspilates.com
www.perfectpartspilates.com

Gail Giovannello
Mind Your Body
1370 Lexington Ave. (90th St.)
New York, NY 10128
212-426-8925/7960
gail@mybpilates.com
www.mybpilates.com

Elizabeth Hendrix
High Performance
39 West 14th street Suite 406
New York, NY 10011
205-937-3301
212-675-2777
EHendrix@gmail.com
www.HighPerformanceNYC.com

Anna Hindell
Vinyasa, Alignment, Therapeutic,
and Prenatal Yoga, Pilates Mat
Available for private lessons and group
classes
New York, NY
917-748-3182
ahindell@hotmail.com

Liane Nikitovich
Certified Classical Pilates Instructor
New York, NY
646-431-5098
LNikita@rcn.com

Pilates Garage
291 8th Street 1st Flr
Brooklyn NY 11215
718-768-1235
pilates.garage@gmail.com
www.pilatesgarage.com

Beddy Piekiel
Back to Balance Studio
8096 State Route 12
Barneveld, NY 13304
315-271-9593
Beddy1212@aol.com

Shelley Poovey
Pilates@Kinespirit
40 E. 23rd Street #3
New York, NY
(917) 362-2827
shelleypoovey@yahoo.com
www.shelleypoovey.com

Mary Siegel
Smart Moves Pilates
427 77th Street
Brooklyn, NY 11209
917-862-5227
smpilates@yahoo.com
www.smartmoves-pilates.net
www.chiro-pilates.com

Mollie Slaton
Hudson Pilates
836 W 181st St
New York, NY 10033
(212)740-7178
www.hudsonpilates.com
info@hudsonpilates.com

Carol Thomas
Mid-Hudson Pilates Studio
carolthomas@optonline.net
corestrenghtpilates.net
Carol@midhudsonpilates.com

Washington

Fritha Pengelly
Private Practice
Seattle, Washington
206-297-1689
frithap@earthlink.net

Ireland

Finn O'Gorman
The Pilates Studio
4, Penrose Wharf
Cork
Ireland
353-21-4676148
353-87-2533244
www.thepilatesstudio.ie