

Riverside City College Dance Department
Pilates Advisory Council Meeting
Sunday, Feb. 9, 2020 - 10:00-11:30am
Pilates 101

Kelly Lamoureux & Anna Chavez, Co-Directors
Rita Chenoweth, Dance & Theater Co-Chair
Advisory Council Members:

Rachel Coccio, State Street Pilates (Redlands)
Rachael Hamilton & Rachel Camacho, Articulations (Riverside)
*Board members not in attendance: Glenda Carhart (Riverside Ballet Arts),
Jo Dierdorff (Founder, RCC Pilates Program)
and Diana Perreira (Pilates Ten, Orange County)*

AGENDA & MINUTES

1. Welcome and introductions, Tour of Pilates facilities

Mat Room & equipment closets, props such as foam rollers and triangular pillows were noted. Equipment room contains 10 Reformers, Cadillac, 3 Wunda Chairs, Spring Arm Chair, Ladder Barrel and other essential equipment. Board members noted the layout of the space, and discussed some of the new innovations in straps and springs that are being developed in the Industry. Rachel Coccia noted the difference between the Balanced Body equipment and the Gratz Pilates equipment which is close to the original equipment that Joseph Pilates used in his studio.

2. Getting to know the Board Members

A. What is your current Pilates studio /teaching emphasis? Location, hours, number of instructors?

Articulations - located in Riverside on Brockton in a building that also houses a physical therapy clinic; clientele is 98% female, all age groups but mainly concentrated in the 40-60 age range, studio is open 7 days a week, with group and privates/semi-private sessions offered multiple times during the day. There are two co-owners, and 4 part-time employees.

State Street Pilates - located in downtown Redlands near retail. restaurants, and banks; studio is open 7 days a week. There is one owner, and 3 independent contractors who rent space.

B. What format / equipment do you use most frequently for your clients?

Articulations - 12 group classes a week feature mat work, barre and yoga, as well as private & semi-private sessions. Equipment includes 3

Reformers, 1 Cadillac that converts into a reformer, 1 Chair, 3 Springboards installed on the wall.

State Street Pilates - 2 group classes a week, mostly sessions are private, duos or trios. Equipment includes 1 Reformer, 1 Cadillac that converts into a reformer.

3. Is RCC's Pilates Certification Program meeting the needs of employers such as yourselves as our graduates enter the job market?

Rachael of Articulations noted the thoroughness of the training of the RCC Pilates Certification graduates who are now employed at their studio (Amanda Lupton, Kaitlynn Gamboa, Morgan Davison and Holly Brown.). All graduates have had such a comprehensive training and thus are very prepared for the variety of classes taught at Articulations as well as private, duo and trio Pilates sessions. Rachel Coccio of State Street Pilates echoed that the instructors from RCC's program who are working at her studio have been excellent teachers who had excellent communication and cueing skills. These graduates include Tasha Peterson, Megan Schaffer and Holly Brown (who no longer works there). One of the reasons that RCC Pilates graduates are more than adequately prepared is the 700 hours of instruction, observation and student teaching that is included within the Pilates program.

4. Is there anything that is changing in the industry that would require the RCC Pilates Certification Program to shift/change/adapt as we review our curriculum?

A long discussion ensued in regards to employment affected by new California legislation (AB5) which has had an impact on those who employ independent contractors. Another topic was the various options for studio payment of fees (cash, checks, credit cards, Class Pass, Venmo, Square, memberships) and how business is changing rapidly in regards to the fee structure and the collection method of fees. One of the outcomes of this discussion was to add a section to the Methodology course that deals more specifically with the business side of being a Pilates instructor/studio owner, and the possibility of partnering with one of our Business faculty to offer a professional growth activity (see item #6 for more details). Anna mentioned the section of the Methodology course where she discusses liability insurance, owning your own business, being an employee vs. independent contractor, client intake forms, etc. It was discussed to add talk about AB5 into that part of the course curriculum.

5. Is there anything the RCC Pilates Certification Program could be doing better?

All Board Members agreed that there is so much contained within the program, it would be hard to find an area for improvement. There was mention of keeping a balance of exposure to classic Pilates (as originated by Joe Pilates in New York) and the more contemporary offshoots of Pilates. Currently, the diverse RCC Faculty have a variety of training backgrounds which has allowed the Program to maintain a balance, so care should be taken as new Faculty who are well-versed in a particular method are hired.

6. Are there ways the Board and RCCPCP could work together to promote Pilates in the Inland Empire?

Attendees were very excited at the prospect of forming a support network that could encompass local Pilates studios and instructors interacting with the RCC Pilates Certification Program, especially in regards to upcoming workshops and professional development opportunities. Two ideas generated from our discussion were a business strategies for studio owners and a workshop centered around the Abundant Body. Anna also announced we will have a Master Class/Workshop for Karen Clippinger in 2021. Rachel Coccia mentioned the Lesley Logan workshop that she just hosted at her studio, State Street Pilates. She also mentioned past workshops with Siri Galliano who studied with one of Joseph Pilates descendants Romana Kryzanowska. Board members discussed networking with each other about upcoming Pilates workshops and events.

7. Pilates Certification Program Open House – May 1, 2020 – 3:30-5:30pm
Members will have a more formal invitation closer to the event, and were given printed material for clients who may express an interest in our certification program. Members were also given a list of RCC Pilates graduates and where they are currently employed.

8. How would you like us to contact you for future events and meetings?
Each Board Member gave the Co-Directors preferred contact information, and will be sent a copy of the minutes.

9. Thank you for your interest and attendance at our first Advisory Council meeting!