

## PILATES INSTRUCTOR

# KATIE COWART

### Degree and Certification:

- BFA Dance Performance, State University of New York at Purchase
- Pilates Mat and Apparatus Certified, Power Pilates NYC

Katie relocated to Fort Collins, CO from New York with her husband and daughter. She is excited to bring her knowledge, experience, and passion for Pilates to the RAC.

Katie comes from a background in ballet and modern dance. She attended the North Carolina School of the Arts and received her BFA in dance performance from SUNY Purchase College. She has had the opportunity to perform with several professional dance companies including the American Ballet Theatre Studio Company and the Carolina Ballet Company. Katie has been training on Pilates equipment since the age of 12 as part of her professional dance training and developed a love for the movement and systematic training. She noticed early on the benefits of Pilates as it strengthens the core muscles, increases flexibility, corrects poor posture, elongates muscles, and decreases the possibility of injury.

Katie was, however, forced to leave her dance career early due to severe arthritis in her feet. In addition to teaching dance, it was only natural for her to pursue her Pilates certification. In 2005 Katie received her Pilates mat and apparatus certifications from Power Pilates in NYC. Since then she has had the joy of teaching large and small groups, and private sessions. Katie has trained clients of all ages; from young aspiring figure skaters to seasoned adults in their 80's. She has also worked with clients before, during, and after pregnancies, those just coming back from spinal surgeries, and has experience working with paraplegic clients as well.

"Pilates is for everyone, no matter your fitness level and abilities or disabilities."

