

“Our classes are especially sought after for their unique structure rooted in Balanchine technique,” says Lisa, adding that each class begins with Pilates to prepare the body for the demands of ballet, strengthen the core and reduce the risk of injury.

“We also offer Floor Barre, based on the work of Zena Rommett, and a dedicated stretch class to help balance and support the body’s muscular requirements in ballet,” she says.

Flashback to 2001, when Cuizon Ballet Centre was born from Lisa’s desire to pass on her knowledge in its purest form. A group of supportive parents—who witnessed the positive impact of Lisa’s teaching on their children’s bodies, minds and spirits—came together to help fund the school’s opening.



“That moment of belief and collaboration remains a source of inspiration—even 24 years later,” Lisa says.

Lisa also felt compelled to give back. Having had the opportunity to pursue her own dream as a dancer, she was inspired to help other young dancers do the same.

Above all, “our goal is to help every student reach their personal best—whether that means becoming a strong recreational dancer, pursuing higher education with a focus on dance, or stepping directly into the professional dance world,” Lisa adds. “We guide each dancer toward the path that’s right for them.”

Cuizon Ballet Centre is located at 2977 Willow Lane, Suite 200, in Thousand Oaks. For more information, call 805.494.8800 or visit CuizonBalletCentre.com.