

Ms. Frankie Owens-Puglisi

PHONE: 561-307-0997 (Cell)

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Education(Formal)

International Correspondence Schools	Associate Degree	Business Management	June 2000
International Correspondence Schools	Diploma	Fitness And Nutrition	May 1994
University of Sheffield, England	Bachelor of Science	Psychology/Physiology	July 1989

Education/Certifications(Exercise/Pilates)

Pilates Master Mentor Program – Assistant to Ms. San Miguel		2008-2011
Lolita San Miguel Protégé Pilates Training		2007-2008
GYROTONIC® Specialized Apparatus (LE Unit)		2006-2007
GYROTONIC® Specialized Apparatus (JS Board)		2006-2007
GYROTONIC® Instructor (GYROTONIC®, Inc.)		2005-2006
Golf Pilates Instructor (Pilates for Golf)		September 2002
Stott Pilates Instructor (Advanced) (Stott Pilates)		April 2000
Spinning Instructor (Madd Dog Athletics)		December 1999
Primary Aerobics Instructor (AFAA)		January 1999
Weight Management Consultant (ACE)		August 1998
Health Fitness Instructor (ACSM)		April 1998
Post-Rehab Specialist (AAHFP)		June 1997
Aqua-cise Instructor (AAAI)		November 1996
Pre/Post-Natal Exercise (AAAI)		November 1996
Cycle Instructor (AAAI)		November 1996
Yoga Instructor (AAAI)		June 1996
Personal Trainer (NSCA)		May 1996
Sports Nutrition (AAAI)		December 1994
Personal Trainer (ACE)		August 1994
Aerobic Instructor (ACE)		April 1994

KEY:

ACE	American Council on Exercise
AAAI/ISMA	American Aerobics Association International/International Sports Medicine Association
AFAA	Aerobics and Fitness Association of America
NSCA	National Strength and Conditioning Association
AAHFP	American Association of Health and Fitness Professionals
ACSM	American College of Sports Medicine

Continuing Education/Teaching (Pilates)

Pilates Institute of America Teaching Tour

INDIA various dates 2011-2013

Teaching Pilates Mat, Reformer, Cadillac, Chair and Barrels workshops to Pilates franchisees throughout India. Presenting teacher training workshops for staffing of franchise locations. Presenting programs on Pilates history, Pilates fundamentals, Pilates for Pregnancy and Pilates for Seniors in addition to the classic repertoire.

Europe Teaching Tour

Various Cities Europe summer 2010 & 2011

Invited to teach Pilates workshops in the Czech Republic, Germany, Great Britain and Italy. Teachers attending the Pilates Master Mentor Program requested that Ms. Puglisi teach some programs for their Pilates therapy centers in Europe based upon her teaching abilities displayed as Ms. San Miguel's assistant in the mentor program.

Pilates Institute of America Tour

INDIA Nov/Dec 2009

Promotional tour of 3 major Indian cities. Presented one-day programs on Pilates history, Pilates for rehab and Sport Specific Pilates. Those in attendance included professional sports players, sports coaches, physical therapists, physicians and fitness professionals.

Pilates Master Mentor Program

Palm Beach Gardens, FL Jan 2008 – Oct 2011

Assist Ms. Lolita San Miguel in teaching her Pilates Master Mentor Program to over 40 advanced Pilates teachers from across the globe. Four groups of 10-12 teachers meet up 6 different times to learn the Pilates program for Mat, Reformer, Cadillac, Chair and Barrels. Program is hosted at Ms. Puglisi's Studio

DVD choreographing, directing and editing

Florida Aug 2008, Oct 2009, Nov 2009

DVD of Pilates Mat Repertoire with Lolita San Miguel, DVD of Cadillac Repertoire with Lolita San Miguel, DVD of Demonstrations of All Apparatus showing the PIA repertoire and flow

Body Mind Spirit Conference

San Jose, CA March 2007

Assisted Ms. Lolita San Miguel presentations – spine corrector, matwork & footwork

The Scoop! Newsletter

Florida 2001-present

Write and edit a newsletter for Pilates enthusiasts and teachers. News and Information for Pilates clientele plus technical information for Pilates teachers.

Pilates Method Alliance Conference

Miami, FL November 2001

Assisted Ms. Moira Stott present her Matwork Seminar/workshop – helped correct students form and answer questions about the Stott repertoire

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Pilates Institute of America Workshops

Various States 1995 - present

Create and develop Pilates teacher training programs for all aspects of classical Pilates. Author of over 16 certification manuals and designer of over 10 certification programs for the Fitness industry and Physical Therapy business. Attain and maintain CE provider status for multiple organizations throughout the country for PT and fitness.

Work Experience

1/15 – present	Pilates Training Camp Teton Valley, ID	Owner and head Camp Counselor. Pilates teacher training, continuing education and retreats through online and live programming for Pilates teachers, apprentices and enthusiasts. Author of online training manuals and videos. Presenter of Pilates workshops/retreats
2/11 – present	Pilates with Frankie Studio Driggs, ID	Studio Owner, Pilates Teacher & Fitness Instructor Teacher of Pilates & Fitness classes and private therapeutic exercise
12/08 – 8/13	PIA International - Director/Owner Victor, ID	Creator of a Pilates Mat certification for the India and South East Asia market. Author of 3 manuals specifically for this market which is academically focused on detail, authenticity and precision. Evaluation of demographics after promotional tour on 2009 resulted in development of new curriculums based upon requests of physical therapists and physicians for educational courses based on Pilates.
11/06 – 12/09	Scoop! University - Creator Wellington, Palm Beach Gardens, Palm City, FLORIDA	Author of 10 Teacher Training Manuals & Programs using the Pilates Apparatus and Mat training techniques as it relates to working in a Scoop Fitness Pilates Studio
5/00 – 07/11	Scoop! Fitness Studios - Owner Various Locations	Educational director, head teacher and manager of a chain of Pilates/Yoga/Gyrotonic/Stretch and Wellness Therapy centers employing 10+ staff
9/01-8/13	Pilates Institute of America – Director/Owner Victor, ID	Author of 16 Teacher Training Manuals and 10 continuing education courses for Pilates Teacher Training and Pilates Certification Company. Train and manage 15 master teachers. Work closely with physicians and therapists to develop new course materials and curriculums.
5/02 – 3/04	Ultima Gym Wellington, Florida	Pilates/Yoga/Aerobics instructor
8/00 – 4/03	City of Greenacres Health & Recreation Greenacres, Florida	Pilates Matwork Classes/Aqua Aerobics Classes
4/00 – 2/05	World Gym Royal Palm Beach, Florida	Pilates Instructor/Group Fitness Instructor
4/00 – 4/02	Powerhouse Gym West Palm Beach, Florida	Group Fitness Instructor/Personal Trainer
2/96 - 4/00	Dynamic Vitality, Inc. Various Locations in NYC and NJ	Personal Trainer/Aerobics/Yoga Instructor/Presenter Self-employed with part-time instructors
3/97 - 4/00	New York Health and Racquet Clubs Various NYC locations	Aerobics/Yoga Instructor/Performance Team Member Level 3 Personal Trainer
11/98-5/99	The Princeton Club of New York 15 W 43 rd Street, NY, NY	Fitness Center Manager/ Personal Trainer/Instructor
9/98 - 12/99	Fitness Plus Corporate Fitness Program at Pfizer, NYC	Aerobics Instructor for Corporate Fitness program
4/94 - 11/99	Various Fitness Centers Multiple cities, New Jersey	Aerobics Instructor/Yoga Teacher/Personal Trainer

Other Skills & Specialty courses/study:

Senior fitness, youth fitness, upper/lower back rehabilitation, sport-specific training, pre/post-natal Pilates and fitness, flexibility training, cardiac risk, core and stability training, golf fitness, aqua fitness, Pilates, Yoga, Gyrotonic and Gyrokinesis, active isolated stretching, PNF stretching, Member of IDEA, ACSM, AFAA (CEU provider), NSCA, ACE Academy (CEC provider).
