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McDowell Mountain Ranch

MEET
Gretchen
BOSSERMANN-MAY

of Sunrise Point/Cimarron Hills
with Russell and Dexter



DELIVERING NEIGHBORHOOD CONNECTIONS

balance, in body and in life

Gretchen Bosselmann-May and David May

BY EDEN MCENTIRE; PHOTOGRAPHY- GILEAD HERNANDEZ

Gretchen with
Russell and Dexter



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“When I grow up, I am going to move someplace it doesn’t rain.”

Gretchen Bosselmann-May grew up in Coos Bay Oregon, which is a rather small, drizzly town on the southern coast (about an hour and a half from the California border). From a young age, she knew she was destined to live in the land of the sun and would tell her parents so. After Oregon, she lived in Seattle Washington until 2009, when she moved to Arizona with her husband David. “So I guess I was finally grown up in 2009!” she jokes.

Gretchen and David have now lived in McDowell Mountain Ranch’s Sunrise Pointe/Cimarron Hills for almost 15 years. They say that this home is their forever home. They adore the walking paths, pools and tennis courts just outside their door, and David recently became a Steward of the McDowell Sonoran Preserve.

“When we were looking at houses,” Gretchen tells us, “I remember when we came to Cimarron Hills and were driving up the hill to Sunrise Pointe. I told my husband, ‘I don’t care what the house is like—this is where I want to live.’” They had looked at over 100 houses by then!

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client's workout and balance their bodies. It is not only the how, but the why, when, and where of the Pilates Method."

In 2021 and 2022, Gretchen completed the first part of her graduate program with Kathi, and this past year she was one of twelve instructors selected to continue to the second part of the program. She travels to Florida three to four times a year to study under Kathi.

Additionally, Gretchen has been lucky enough to work with Michael Fritzke, who was one of the last people to do a true apprenticeship with Joe Pilates' direct successor.

All of this training has deeply refined the way Gretchen teaches Pilates and spurred her on to open her own studio. "I wanted a space that was my own, where I could teach the Pilates method how I wanted," she says. She talked with her husband over a 4th of July weekend, and he took her dream seriously. The next day, she ran some numbers and came up with a budget. Since Gretchen is also an accountant, she had a good idea of what expenses to anticipate. Then, she started to look at spaces to rent. Husband to the rescue once again, David suggested she look at Desert Canyon Shopping Center. It was very close to home, and Gretchen loved it.

"I don't think I could have found a better space!" she says. "The studio has floor-to-ceiling windows on one end, so a lot of natural light flows in, and I was able to fit in all of the equipment that I needed." Gretchen's studio is probably one of the better-equipped Classical Pilates Studios in the Valley.

Now that she is free to teach Pilates her way, Gretchen says she can really see the changes in her clients' bodies when implementing Kathi's teachings. Likewise, Gretchen sees the practice improve her life every day. She believes that if you are going to teach Pilates, you need practice what you preach and actually *do* Pilates. In addition to teaching her classes, twice a week she does a virtual Pilates lesson and the rest of the week she commits to at least 20 minutes of her own self practice.

Their family is full with the addition of their four loveable French bulldogs: Dexter, Russel, Luna and Bolt! Correction: "Our family is *crazy*," Gretchen says. Russel is a little "Mr. Mom." He loves puppies and was a bit of a terror at first. When they got Luna, though, he settled down. Good thing, because Luna, the only girl of the group, is a total trouble-maker, albeit very cute and sweet (when she wants to be). "We say she puts the 'Luna' in Lunatic," Gretchen says, because she is the one that riles the other dogs up. Bolt, on the other hand, is a sweetie pie. His only mischief comes from being adorably goofy and uncoordinated. Lastly, Dexter is Luna and Bolt's great-uncle. He is serious and a bit of a nervous nelly. He's very attached to David. It's amazing how different their personalities are, even though three of the fur-babies come from the same family!

When not spending time with their pups, David is an architect who often works on Design Review for some of the HOAs in North Scottsdale. Gretchen, meanwhile, is an accountant, and the owner of TruForm Pilates.

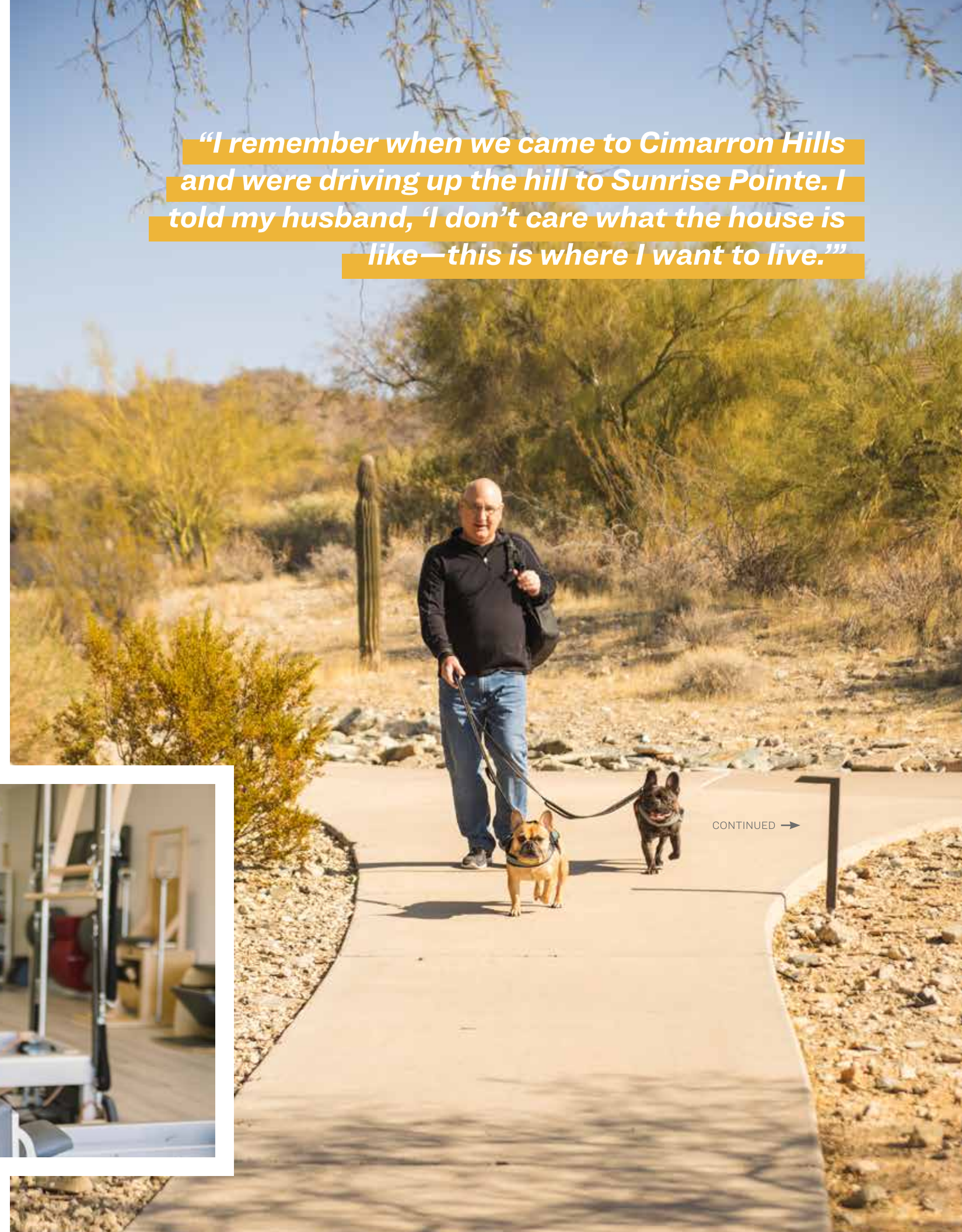
"I love Pilates and learning about Movement," Gretchen says. She has been teaching Pilates for over 10 years now, but in the last 2-3 years, she has gained an even higher level of knowledge within the practice. In 2021, she was one of just ten instructors from around the world selected for an elite teacher training program led by Kathi Ross-Nash. Kathi is internationally known, and studied under some of the original Pilates teachers, like Romana Kryzanowska.

In the Pilates community, there is a "Pilates lineage" that starts with Joe Pilates (inventor of the practice) and continues to the seven or eight original Pilates teachers under him who are referred to as "the Elders" or "First Generation" Pilates instructors. To be able to learn from someone like Kathi, who is so closely related to the First Generation Pilates instructors, is quite the privilege.

"Her method of teaching and building her clients' exercises and skills is unlike any other," Gretchen explains. "She teaches you to identify the threads that weave between each exercise, and what to look at, and what apparatus to use to build your



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