

# **DK BODY BALANCING METHOD**

## **CERTIFICATION**

Dolly Kelepecz has been a professional dancer for over thirty years. Dolly worked with many major ballet companies including Nevada Ballet Theater, Houston Ballet and Zurich Opera Ballet. She also was the principal dancer/singer at the famed Lido at the Stardust Hotel and Casino. Dolly brought Pilates to the Las Vegas Valley in 1987. She owns and operates two of the largest premier Pilates Studios in Las Vegas, Nevada. Dolly was certified in the Pilates method in 1987 by Elizabeth Larkam at the St. Francis Memorial Hospital in San Francisco and has worked in the Pilates field ever since. Dolly has established Pilates studios for many health facilities, including hospitals, physical therapy clinics and chiropractic offices. She has also developed programs for Houston Ballet, Nevada Ballet Theater, Wynn Resorts and the University of Nevada Las Vegas. In 1997, Dolly trademarked her own method of Pilates instruction called D.K. Body Balancing Method. Since then Dolly has traveled throughout the United States, Mexico, Japan and Korea certifying others in the D.K. Body Balancing Method. Her instructors are successfully working in her own studios as well as studios located in Australia, Mexico, Japan, Canada, Korea, Russia, Israel, Spain and throughout the United States. Her education also includes Physical Therapy, Massage Therapy and the Alexander & Feldenkrais techniques. Dolly was certified in the GYROTONIC Method in 2000 and uses that as well as the Art Forms System in her studios in Las Vegas. With her dance background, Dolly has taught both Pilates and Ballet at the University of Nevada Las Vegas since 1977, and in 1995 developed a Pilates Program for the Dance Department. This program requires that all dance majors take two semesters of Body Balancing to graduate. Along with Dance Educators of America, Dolly piloted a program in 2003 traveling throughout the US and Mexico to educate dance teachers in the Pilates method of exercise. Dolly appears five days a week on her own television show called Healthy Lifestyles to promote health and wellness. In April of 2005, Dolly published her first Pilates exercise book in Japan and has now published a second book/DVD in both Japan and Korea. Dolly has produced five different exercise VIDEO/DVD'S based on the DK Body Balancing Method of Pilates.

\*Classes are held at the UNLV campus from 8:30am to 1pm Monday thru Saturday

\*Our instructor certification program is approved by the Nevada and Arizona State Boards of Physical Therapists for 1.5 units of continuing education and is offered in Las Vegas several times per year, as well as various International locations. The program is recognized through the University of Nevada Las Vegas. Our curriculum is designed to meet the needs of the international fitness industry.

\*\* CLASSES OFFERED\*\*

\*\*BRINGING PILATES TO YOU\*\*

\*\*REGISTRATION FORM\*\*

\*\*PRICES\*\*

\*\*MAPS & LOCATIONS\*\*



## THE FOLLOWING CLASSES ARE OFFERED

\* You will also be required to complete 100 apprentice observation hours in one of my studios after and during the instructional time in the classroom

**MAT CERTIFICATION:** Is an introduction to the basic theory and technique of Pilates exercise and introduces the Alexander and Feldenkrais techniques. The history of Pilates' theory and technique are studied through mat work. Learn the fundamental mat work based on Joseph Pilates original series plus an evolution of Pilates mat work utilizing various props, such as the small ball, FitBall, Theraband, and magic circle. This course can be taken on it's own as our Pilates Mat Work certification, or as an addition to the Studio Course which incorporates both mat and equipment based Pilates exercises.

**\*The mat portion of certification will be the first week of the course and the cost is \$500**

**BODY BALANCING I:** Is an introduction to the basic theory and technique of Pilates exercise and introduces the Alexander and Feldenkrais techniques. The history of Pilates' theory and technique are studied including mat work with the Theraband and primary series on the Reformer, Trapeze Table and Chair.

**BODY BALANCING II:** an intermediate level of theory and technique as it applies to mat work including small ball and FitBall. Additional emphasis is placed on the use of the Pilates equipment for special populations.

**BODY BALANCING III:** an advanced level of theory and technique that is applicable to all mind-body movement forms. This section is targeted specifically to exercises on the Pilates equipment.

**ANATOMY & KINESIOLOGY:** studies the muscular and skeletal structure of the human body as they relate to and are involved with movement. Emphasis is placed on the thorough understanding of major muscle groups and joint actions and their capacity of movement. Special attention is given to the causes and prevention of injuries.

**PREVENTION & CARE OF INJURY:** introduces the basic concepts of sport injury prevention, immediate care of injuries, the accelerated rehabilitation of injuries and how to safely return the individual to the rigors of activity.

**FLEX & TONE:** presents the Pilates method with the pedestrian client in mind. Emphasis is placed on developing an exercise program that can be applied to the general public. Focus is placed on improving client posture and flexibility, instruction of precise breathing sequencing and targets overall conditioning of the non-dancers body.

## **BRINGING CERTIFICATION TO YOU**

Private certification courses can be held at your own facility for your staff members. All training is completed through a series of weekend courses or a week-long intensive. Our instructors travel to your fitness center to train your staff in mat work, or we can train your staff in Studio work using your equipment.

## **PRICING**

Non-refundable reservation fee \$250

Full certification \$2500

Mat portion certification only \$500

\* UNLV students will receive a \$200 discount for each course from the course list that you have already taken through the University

# INSTRUCTOR CERTIFICATION SPACE RESERVATION FORM

Yes, I want to become certified in PILATES from DK BODY BALANCING!

Enclosed you will find my \$250 non-refundable deposit required for reserving my space in the certification class. Below is my address and phone number for registration purposes.

Visa or Mastercard Accepted

Card Number \_\_\_\_\_

Expiration date \_\_\_\_\_

Name on card \_\_\_\_\_

(please print)

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Mailing address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone # \_\_\_\_\_

Occupation \_\_\_\_\_

My goals and objectives upon Certification \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

To reserve your space please enclose your non-refundable check payable to DOLLY K. INC. and mail it to the address listed below.

THANK YOU! WE LOOK FORWARD TO SEEING YOU IN OUR NEXT SESSION!

DK BODY BALANCING 515 ROSE ST. LAS VEGAS, NV 89106 (702)252-0095

## Map to HFA at UNLV

4505 Maryland Pkwy, HFA 126

