



DREXEL UNIVERSITY
Antoinette Westphal
College of Media Arts & Design

Dear Drexel Pilates Community,

Happy Anniversary!

March 1st marked the one-year anniversary of the reorganization of Drexel Pilates under Westphal College's Dance Program.

Pilates affiliations with dance programs are found throughout the United States and abroad, but the degree and scope of our program is unparalleled. This year alone, our comprehensive Pilates Method Alliance qualified 450 hour training program has graduated 6 Apprentices and continues to train 12 more. We have offered over 100 free mat classes in the Drexel Recreation Center. In the studio, we have taught well over 300 private sessions and 150 mixed equipment classes to community members, Drexel faculty and staff, and students.

As the Director of this dynamic program I am inspired every day by the possibilities, both large and small. We have made big moves this year, including developing a Pilates exercise archive on Drexel's Dragon Drop, beginning to undergo the Pilates Method Alliance accreditation process, and being featured in the March issue of Pilates Style Magazine. It is, however, in large part the smaller moments that define Drexel Pilates and its culture; the moment one of our most beloved clients reached 100 private sessions; the moment we helped a brain injured client balance on one leg for the first time; each moment an Apprentice passes the comprehensive test to become an Instructor.

We have our sights set on continuing to build this vibrant learning community, but wanted to pause for a moment to reflect on this past year. Thank you to all of the people who have believed in the vision of this program.

Sincerely,

Jennifer Morley
Drexel Pilates, Director
Drexel Dance Program, Assistant Teaching Professor





Program Highlights

- We have worked with Steinbright Career Development Center and have taken on two Coop students to work with us for Spring/Summer 2014.
- We have begun a comprehensive video archive of Pilates repertoire. We partnered with the Mandell Theatre Technical Director Mark Andrews to develop a mobile set for use as the backdrop.
- Director Jennifer Morley is in the process of creating unique training materials for each module of the Drexel Pilates Training program.

Above: Apprentice Level 2 Michele Tantoco in a muscle taping workshop during a Mixed Equipment Seminar.

Studio Highlights

- We have seven Drexel Pilates Training Program graduates working in the studio.
- We hired program graduate Megan Quinn as a part time studio manager to support the health and growth of the studio.
- Program graduate Megan Knotts submitted a Drexel Pilates business plan to the Nina Henderson Challenge, a Westphal College business plan competition.
- We have begun to develop a small boutique of Drexel Pilates merchandise.



Above: Instructor and Drexel graduate Karlee Markarian celebrating 100 sessions with client and Dean of the College of Arts and Sciences Dr. Donna Murasko.

Community Highlights

- We continue to develop our relationships within the Recreation Center. We offer multiple classes through the Group Exercise Program, and we have run classes for members of both the men's crew and the men's lacrosse teams.
- We participated in the Recreation Center's Open House and Health Fair events, as well as running two Open House events and one Holiday Spectacular in the studio.



Above: Apprentice Level 2 Colleen Hooper teaches a class to members of the men's Lacrosse Team.

- We continue to invite all members of the community to sign up for the free Apprentice 1 program, which allows individuals to obtain the necessary prerequisites for the Drexel Pilates Training program.

- We are partnering with the Dance Program and the Physical Therapy program on a long-term study on dance injury.

Apprentice Level 2s teaching Apprentice Level 1s during a Friday evening Open Lab.

Business Highlights

- We exceeded our 2013 financial goals.
- We launched our new website at www.drexel.edu/pilates
- We put the studio schedules and updates online through www.mindbodyonline.com.