

Teri Seier Moore

NCPT - CPT

Professional Summary

After my first Pilates class as a young dancer, I was hooked. With a 20-year professional career in Musical Theatre and Dance I have now been teaching Ballet and Pilates for 25 years. I have always said that Pilates and Dance just go together. I am happy that I can touch my students with my inspiration and creativity to lead them to be a healthier human.

Pilates Journal Magazine

Pilates Influencer of the year 2024

Work History

Pilates in the Grove - Instructor

Miami, FL

01/2014 - Current

Pilates in the Grove Teacher Training Program - Instructor

Miami, FL

03/2020 - Current

Core Advancement Teacher Training Program - Instructor

Miami, FL

11/2015 - 12/2020

Conscious Movement - Instructor

Miami, FL

10/2014 - 12/2016

Bent Pilates - Instructor

New York, NY

08/2008 - 10/2013

Pilates Reforming New York - Instructor

New York, NY

10/2008 - 11/2010

Workshops and Continuing Education

- Pilates on Tour - Balance Body
- Pain and Healing Potential of Movement- Balance Body
- Integrated Movement Series- Balance Body
- Balancing, Stability, Mobility Through Pregnancy - Balance Body
- Moving with the Maestro with Dr. C. Shante Cofield
- Pilates for Special Populations with Christa Gurka
- Pilates for Scoliosis

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📍 Coral Gables, FL 33134

Skills

- Master Classes in Ballet and Musical Theatre Dance.
- Teaching all levels of Pilates from Classical to Contemporary.
- Able to make my classes interesting with creative choreography.
- Able to design special exercise programs for pre- and post-natal.
- Designing programs for athletes
- Designing programs for dancers.

Education

Point Park University

Pittsburgh, PA

Bachelor of Arts: Theater and Dance

University of Akron

Akron, OH

Bachelor of Arts: Ballet

Certifications

- Nationally Certified Pilates Teacher - National
- Bent Pilates Teacher Training - New York, NY
- Pre/Post Natal - Rooted Boston, New York, NY
- PMA Member
- AEA (Actors Equity Assoc.)
- SAG - AFTRA

