



SUSAN TOBIASON

PILATES + DANCE

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www.susantobiason.com

OBJECTIVE

Seeking to direct & teach classes (group classes, privates, duets) and share my expansive background in Pilates and Dance.

Help students and clients learn both creatively and efficiently; foster a feeling of community through class experience.

Contribute to continued inspiration, mentorship & education with other industry professionals.

ABILITIES

- Over 20 years of professional dance training, including Ballet, Contemporary, Afro Brazilian, Street Dance
- 9 years teaching experience, ranging from large group classes (25+ students) to private instruction
- Dance choreography
- Pilates Group class design
- Performance experience
- CPR Certified
- High energy & enthusiasm; attentive & kind

EXPERIENCE

BODY CHEMISTRY

Pilates Instructor
San Francisco, CA | Present - 2017
www.bodychemistry.com

Private and Duets on mixed Apparatus (Reformer, Wunda chair, Cadillac, Arc, Mat) as well as Group Reformer classes with class types including Classical Pilates, Mixed Level, Foundation and Advanced.

BODYFI

Elite Pilates Instructor
San Francisco, CA | Present - 2015
www.bodyfi.com

Group Reformer classes and Private sessions taught at both of Bodyfi's locations in San Francisco FiDi and Mission districts, in addition to at-home clients at the Millenium Tower. Group Reformer classes are high intensity 45-minute classes with a combination of classical and non-classical exercises and variations designed to maximize a shorter class time and effective group experience. Work with Private clients ranges from general physical fitness/classical Pilates to physical therapy work for injuries/complications.

ODC DANCE COMMONS / RHYTHM & MOTION

Instructor, Choreographer
San Francisco, CA | Present - 2008
www.odcdance.org/school.php
www.rhythmandmotion.com/susan-tobiason

A high impact, pre-choreographed, mixed level dance technique class taught twice per week, focused on many dance disciplines: modern/contemporary, ballet, brazilian, african, street/hip hop, core work. Each class begins

with a standing warm-up which moves to the floor for strengthening core/abdominals and legs. Returning to standing, the tempo increases and class culminates with energetic choreography and arm work.

INFORMED BODY

Pilates Instructor
San Francisco, CA | December 2016 - 2009
www.informedbody.com

Pilates Privates, Duets, Trios and Group classes, as well as a suspension Pilates Barre class on custom equipment, called "Fit Springs".

TRAINING

Began Ballet training age 4 at the San Diego Ballet Company, under the direction of Jackie Hepner, Principal of the American Ballet Theatre.

Continued dance training at the School for the Creative & Performing Arts in San Diego, California, on Academic Scholarship at Stage 7 Dance Theatre and with the Pennsylvania Ballet Theatre.

Pilates Mat & Springboard Certification completed with Jill Harris at the Informed Body, San Francisco.

Apparatus Teacher Training (Reformer, Cadillac, Wunda Chair, Spine Corrector) with Carol DeMaitre & Sharon Gallgher-Riviera at Pilates Education Lab, San Francisco.