

# LEILAH PENTZ

**PILATES INSTRUCTOR**  
**PERSONAL TRAINER**  
**DANCE TEACHER**

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Cape Town, RSA

## PROFESSIONAL EXPERIENCE

**PILATES INSTRUCTOR** | *Multiple Engagements, 2014 to Present*

Studios: Somersault Studio, A Moment to Move, Soul Centre, Point Pilates

### Select Projects

#### Pilates

Facilitate weekly mixed-level Pilates classes for adults and private coaching programs focusing on reducing stress, creating physical awareness, increasing core strength, and developing more flexibility.

**PERSONAL TRAINER** | *Multiple Engagements, 2012 to Present*

Gyms: 360 Specialized Training, Body Excel HPC, Bold Functional Training.

### Select Projects

#### Personal Training

Assist private students with physical training and health goals utilising a holistic and case-specific approach. Sessions and programs can include bodyweight training, resistance training, mobility and flexibility training, and Pilates exercises where applicable.

**DANCE TEACHER** | *Multiple Engagements, 2008 to Present*

Schools, Studios & Organizations: Jazzart Dance Theatre, Chrysalis Leadership Academy, South African Society for the Advancement of Dancing (SASAD), Zip Zap Social Circus, Dance For All, The Cape Academy of Performing Arts, Constantia Waldorf High School, Jacqui Pells School of Ballet, LAMTA Academy, Anderson Carvalho Dance & Choreography, Ballet on Kloof, Debbie Lindup School of Ballet, Movement Practice.

### Select Projects

#### Dance Facilitation

Host contemporary dance, improvisation and release technique classes, workshops and intensives for pre-professional and professional dancers.

#### Movement Practice

Introduce alternative movement methodologies (based on contemporary dance techniques, physical training and creative movement) to a varied adult audience through weekly classes, workshops and intensives.

## PROFILE

Multi-disciplined movement coach with 10+ years of teaching experience and 15+ years of professional dance training and performance involvement. Expertise in Body Conditioning, Pilates, Contemporary Dance, and Strength Training. Confident in working with and leading a diverse student group and committed to improving their holistic well-being.

## AREAS OF EXPERTISE

- Pilates
- Strength Training
- Physical Conditioning
- Contemporary Dance
- Group & Private Coaching

## COMMUNITY PROJECTS

**PERA School of Performing Arts (Cyprus)** |

South African audition coordinator (2020)

**The Movement Project** | Co-facilitator and organizer, CTN (2019)

**Movement Immersion** | Co-facilitator, organizer and coordinator, CTN (2019)

**Jazzart Dance Theatre Training Programme** | Dance Training Facilitator, CTN (2019)

**Chrysalis Leadership Academy** | Dance Training Facilitator, CTN (2018)

**Movement Weekend Intensives** | Co-facilitator and organizer, JHB & CTN (2018)

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## EDUCATION & PROFESSIONAL TRAINING

### **Pilates Matwork Course |**

Prime Movement (2014)

### **Personal Trainer Certificate |**

American Council of Exercise (ACE) (2012)

### **Young Adult Training & Job Creation Programme (2009 – 2011)**

Jazzart Dance Theatre, Cape Town

### **Certificate in Contemporary Dance & Theatre Studies (2005 – 2007)**

Cape Academy of Performing Arts, Cape Town

### **Grade 12 Matriculant (2004)**

Abbotts College, Cape Town

### Additional Study:

### **Art of Solution Orientated Neuro-training |**

Shift Happens Kinesiology, Jenni Halkett (2024)

### **Touch for Health |**

Shift Happens Kinesiology, Jenni Halkett (2024)

### **Reiki 1: Usui Method of Natural Healing |**

6th generation Reiki Master, Louise Westerhout (2019)

### **Budokon Yoga Teacher Training (50hr) |**

Budokon University (2018)

### **Small Business Boardroom Course |**

The School of Lifestyle Medicine (2015)

### **Massage Training Programme |**

The School of Lifestyle Medicine (2012)

## ADDITIONAL SKILLS

**General:** Online Marketing Skills (Facebook & Instagram), Writing & Journalism, Basic Website Design, Administration, Research, Rehearsal Manager, Team Coordinator, Event/Workshop Organizer and Coordinator, Project Manager, Adjudicator.

**Languages:** English – Native Proficiency