

Kathy Anderson
My Pilates Studio

Kathy's experience in business ownership, management and dance prepared her in manifesting her vision expressed through intelligent exercise & wellness at My Pilates studio which opened in Centerville in 2005. Kathy has been committed to bringing an integrative approach to well-being through Pilates, BarreAmped, GYROTONIC® exercise and movement techniques. It is a studio to nurture the balance of mind, body, and spirit this creating overall positive physical benefits. As her mother said to her shortly before her death, "Find something you love to do and the rest will fall into place." What a wise woman she was!

Born & raised in Dayton, Kathy attended Kilgore College and was a member of the internationally known Kilgore Rangerettes performing in the Cotton Bowl, Macy's Thanksgiving Parade, and featured in Sports Illustrated. She then spent summers traveling to colleges across the country directing and teaching dance camps with the American Spirit Association. After 15 years in Real Estate, the dream of My Pilates Studio finally became a reality, and it has been changing bodies one at a time for over 12 years.

New to Ballroom Dancing and putting aside the apprehension of undertaking this new journey, Kathy is honored to be a part of Dayton's chapter of A Special Wish Foundation.

