



## **DOLLY KELEPECZ**

Dolly Kelepecz danced with Los Angeles and Houston Ballets, Nevada Dance Theatre and the Zurich Opera Ballet before joining the famed Lido Show at the Stardust Hotel in Las Vegas. Dolly Kelepecz has been teaching as part of UNLV's part time faculty since 1983. Her first love is teaching ballet and dance. She was a professional dancer but, she now owns pilates studios around the world.

She is the founder and owner of numerous Pilates studios in Nevada and also trains and certifies Pilates trainers. She owns pilates studios in Japan, Mexico and soon to open in Korea. She has published a pilates book in Japanese that is in it's 3rd printing and it includes a DVD. She developed the pilates program for the UNLV dance department and two semesters are required to graduate with your BFA in dance. She has her own television show that airs 5 days a week in Las Vegas and has produced 5 pilates DVD's for the U.S. Market.

### **--CLASS DESCRIPTIONS--**

#### ***Beginning point***

Starting with pre point exercises and continuing with beginning exercises at the barre. Taking this information and translating it to across the floor.

#### ***Body conditioning for ballet dancers***

Using Pilates and other body conditioning exercises to prepare the studio dancer for the strength and ballet technique needed to create a strong core base for all dance forms.

#### ***Floor barre /standing barre combination***

Teaching the dancer to apply the floor barre exercises to the traditional ballet barre exercises. Applying and understanding the reasoning behind the floor barre technique.