

Boston University Pilates Dance Faculty



Liz Roncka, *Assistant Coordinator of Dance, Instructor of Pole Dance Circuit and Pilates Apparatus classes; BS in Health Sciences, Boston University; MS in Physical Therapy, Boston University; Certified Pilates Instructor, Certified Pole Dance and Fitness Instructor.* Upon completion of her graduate degree at Boston University, Liz spent over a decade as a physical therapist working in a variety of settings from the intensive care units of Boston Medical Center to a private clinic specializing in the treatment of musicians and dancers. After years of dancing “on the side,” Liz shifted her primary focus to dance and fitness. She has taught dance at Green Street Studios, Boston Pole Fitness, Boston University, as well as being a guest teacher at Bridgewater State College, Boston College, the American Dance Festival and Canaldanse in Paris. Her work has been presented at Dance Theater Workshop, Center for Performance Research, Five Myles, Judson Church, and Spoke the Hub in New York City, Canaldanse and Galerie G in Paris, the Ludwig Museum and MU Szhinaz in Budapest, and the Institute of Contemporary Art, Boston University, the Boston

Center for the Arts (Artist-in-Residency) and the New England Conservatory in Boston. Liz has been teaching Pilates since 2003. She is certified to teach Mat, Reformer, Cadillac, Chair and Barrel. Liz has completed extensive continued education focused on the development of specialized Pilates exercise programs.



Ann Brown Allen, *Part-time Instructor of Pilates. Simmons College, BA Education and Psychology.* For the past four decades, Ann has performed with all of Boston’s major modern and jazz dance companies, including Peter Di Muro’s Public Displays of Motion, Back Porch Dancers, and Dance Collective of Boston, and has toured New England, New York, and Europe. She has also been a guest artist with several ballet companies.

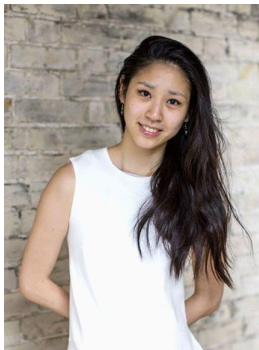


Vania Chan, Vania got into Pilates as a very injured acrobat who reached a crossroads of giving up circus life or rehabilitating to be able to train and perform again. She did not aspire to become a Pilates instructor, but was encouraged to do so and eventually became certified in STOTT PILATES® Method. Later, Vania was diagnosed with Hypermobile Ehlers Danlos Syndrome/ Generalized Hypermobile Spectrum Disorder-- which explains a significant part of her experiences. Her teaching tends to be detailed, thorough, and exacting with imaginative cues interspersed. In Pilates, a shape may look similar, but one can entirely miss the intended benefits of the exercises if one is simply just trying to copy another body or make it through a routine.



Raul Nieves Jr., *Part Time Instructor of Pilates, and Zumba Fitness, BS in Engineering from the University of Connecticut, licensed in Zumba Fitness, certified in Mat Pilates, Yoga, and Brain Dance Education, Creative Social Dance Specialist.* Raul's dance journey began in 1973, evolving into a lifelong passion. Since 1998, he has been a cornerstone of Dance Caliente in Arlington, MA, in a business partnership with Eileen Herman-Haase in Creative Social Dance Instruction, Performances, and Party Facilitation. Raul and Eileen secured over 100 Massachusetts Cultural Council grants for initiatives like "Dancing through the Decades with Dance Caliente" and launched "Dance Caliente's Children's Latin Dance Workshop." Raul's professional teaching experience extends from Springstep in Medford, MA, to Suzanne Steele's Temporada Latina, Ryles Jazz Club, and several other Boston and Cambridge adult education centers between 1982 and 2011. He volunteered for the BU Dance

Ballroom program and later joined its staff. Raul's competitive dancing with his partner Jana Bucholtz before 1982 included placing in Pro-Am in the Grand Nationals Dance Championships and American Star Ball Championships. In the following year, as a Dance Professional, Raul and Jana placed in the Rising Star American Latin and Ballroom Dance in the Grand Nationals Dance Championships. He worked at the Boston Sports Club as a Zumba Fitness and Pilates instructor. During the Covid lockdown, he conducted virtual Zumba Gold Fitness Classes for the Jewish Community Center of Middlesex County. Raul teaches Ballroom Dance, Cardio Dance, Yoga/Pilates Fusion, and Barre at the FitRec Center. Outside of dance and fitness, Raul enjoys Tennis, Table Tennis, Pickle Ball, and Yoga. He worked as an engineer, and a later as a computer specialist for the Volpe Center, United States Government Department of Transportation, for 32 years before retiring to dedicate his life to dance and fitness.



Amane Takaishi, *Part-time Instructor of Pilates. BA with Honors in Professional Dance and Performance Studies, Kent University, UK.* Amane is a professional ballet dancer with City Ballet of Boston and a Pilates instructor of Boston Body Pilates. She started Pilates as a part of her ballet training: Elmhurst School of Dance in association with Birmingham Royal Ballet and Central School of Ballet in U.K.. Amane continued Pilates training while she danced with professional companies: Eugene Ballet in Oregon, Ballet Tucson in Arizona, A&A ballet in Chicago. In Boston area, she has worked with many choreographers such as Margot Parsons and Gianni Di Marco. In 2016, Amane enrolled in the instructor-training program offered by Balanced Body. She is comprehensively certified to teach Mat, Reformer, Cadillac, Chair, Barrel and Barre.