



Jay Grimes danced professionally, ballet and Broadway, for 18 years, and never had an injury. This he attributes entirely to Pilates. He began his studies with Joe Pilates in the mid-sixties, and after Joe's death continued with Joe's wife, Clara, for another 10 years until her death. Jay began teaching in the original 8th Ave studio in New York, then moved with the studio to 56th Street where he taught alongside (as well as studied with) Romana Kryzanowska and John Winters. Over the years Jay's clients have ranged from stars of Broadway and Hollywood, music and opera, to politicians, businessmen and housewives, and Olympic athletes. He currently provides ongoing training to instructors, conducting workshops and master classes around the world. He has made numerous TV appearances, including Discovery Channel's Fit TV with Marilu Henner, with whom he also made videos for her Body Victory program. In 2001 the Pilates Guild honored Jay for his 35 years of faithful service to the work of Joseph Pilates.