

Celeste Mackenzie Bio

South African born Celeste Mackenzie studied Classical Ballet from a young age and after accepting a scholarship to the Royal Ballet School in London, continued to dance professionally for another 12 years in London, and South Africa and briefly in the USA. Celeste achieved Principle status and danced the lead roles in most of the Classical Ballets, Balanchine and many original pieces until her retirement in 1992. Her Pilates Journey started soon after retirement due to the many injuries she endured throughout her professional career, studying Anatomy and various Fitness programs including Water fitness, which was most effective following knee surgery. Pilates became her passion as it allowed her to set another Post Ballet goal and join her Physical Therapist husband, Gregor who was an Ultra marathoner. Together, they trained for the famous South African race; 'The Comrades Marathon' (56 miles ultramarathon)- an activity diametrically opposed to ballet. It took 6 years and many hours of Physical Therapy, Water exercises, Pilates and countless miles of training to finally complete the Comrades marathons in 1998 and 1999. Celeste is proud to have been the first professional Ballerina to achieve this feat. During the six year training and rehabilitation era, Celeste also had 2 children, Brett and Sarah, her best cheer leaders and inspiration to maintain fitness during pregnancy and post partum. Celeste, Gregor and her young children took on another huge challenge and relocated to the USA to further their careers in 2001.

Celeste studied to become a Pilates instructor and completed her Comprehensive training with Power Pilates in NYC and Chicago. Her mentors at the time were Bob Liekens, Linda Spriggs and Liv Berger. Celeste established her own studio, Peak Personal Pilates in 2002 as well as at her husband's clinic, Xcel Sports Medicine (since 2003) focusing on Rehab and Functional Pilates. Celeste is proud to have studied with 1st generation teacher, Lolita San Miguel and acquired her Master teacher and Second Generation status in 2017. Celeste presents Workshops and Guest teaches Nationally and Internationally when she isn't teaching at Xcel or from her home studio in Tipp City, Ohio. She is proud to have sustained the same clients for many years (many since inception in 2002) and derives great satisfaction in assisting them in becoming stronger as they age. Celeste has continued to run Marathons in the USA, including 3 New York Marathons amongst others. She has completed 25 full marathons and 4 ultra marathons and hopes to continue running, as well as returning to South Africa to complete a few more Comrades marathons.

Celeste keenly anticipates the opening of a new Studio in association with her husband Gregor and his PT clinic, Xcel Sports medicine in Beavercreek, Ohio.