



Bernadette Mirentxu Torres is a sought-after Pilates Instructor, Dance instructor and choreographer, as well as, the founder and owner of Happy Hour Pilates and Wellness (HHPW), a home Pilates Studio located in Otay Ranch, Chula Vista, California.

Ms. Torres received her Pilates Certification from BASI (Body Arts and Science International) Pilates, completing the Comprehensive Teacher Training Course under BASI founder, Rael Isacowitz. Ms. Torres's expertise includes Pilates for the Overweight Client, Pilates for the Rehabilitating Client, Pilates for the Mature Client, Pilates for Scoliosis, Pilates for Kids, Pilates for Men, The F2 System, and the APPI (Australian Physiotherapy and Pilates Institute) Mat Course, a rehabilitation Pilates based program. Ms. Torres is active in the Pilates community having attended several conferences, workshops, and events, such as, BASI LFTL 2019 and the PMA Conference 2019. In 2020, she was asked to join the BASI Systems team as an Affiliate and consultant. Ms. Torres strives for continuous improvement and fresh innovative ideas by furthering her education annually. Additionally, she holds a certification in Pilates for Pregnancy and Beyond, Pilates for Injuries and Pathologies, Progressing Ballet Technique, the Royal Ballet School Teacher Training- Continuing Education Webinars, Adult and Pediatric First Aid/CPR/ AED from the American Red Cross, and is a NASM-CPT. Furthermore, Ms. Torres is set to receive her Masters in Pilates June 2021.

Ms. Torres's experience includes over 20 years of combined professional performance and teaching experience. Ms. Torres studied ballet at various studios in San Diego, as well as, at American Ballet Theatre-New York, Pacific Northwest Ballet, Houston Ballet where she was offered a year-round scholarship, and Hubbard Street Dance Chicago. Additionally, she was offered a spot in the trainee program with the Joffrey Ballet in Chicago. Ms. Torres competed in the Youth America Grand Prix Finals-New York and the World Ballet Competition Finals-Orlando, coached by Ahita Ardanan of Les Ballets de Monte Carlo and Paris Opera Ballet.

She received her first Company contract at age 17 and quickly rose through the ranks to Principal with the California Ballet by the age of 22. Her repertoire includes, Kitri in Don Quixote; Gamzatti in La Bayadere; Lucy In Dracula; Sugarplum, Snow Queen, Dewdrop, and Arabian in The Nutcracker; Waltz Soloist in Les Sylphides; Grand Pas Classique; Odette, Odile, Pas de Trois, Big Swan in Swan Lake; Raymonda in Raymonda; Fairy Godmother in Cinderella; Sleeping Beauty and Lilac Fairy in Sleeping Beauty; Medora, Gulnare, and Odalisque in Le Corsaire; Esmeralda in Esmeralda; Paquita in Paquita; Concerto Barocco, Serenade, and several other original classical, modern, and contemporary works.

Ms. Torres has been a dancer, dance captain, and assistant choreographer with the San Diego Opera, working with the company for over 10 years. She has choreographed several original works for various dance companies, schools, and competitions, and has been a guest judge in Italy and the USA. As a guest dancer, she performed in several international galas within the United States and Europe, receiving the "Riconoscimento al Talento" and the "Riconoscimento alla Carriera" awards in Italy.

She studied under and worked with Dame Sonia Arova, Thor Sutowski, Ahita Ardanan, Jean Isaacs, John Malashock, Maxine Mahon, Nancy Raffa, Leslie Brown, Sally Rojas, Barbara Bears, Lauren Anderson, Claudio Munoz, Jillana, Maria Tallchief, Kyra Nichols, Arnaldo, Angelini, Carlos Gacio, Linda Denise Fisher Harrell, Glenn Edgerton, Taryn Kaschock Russell, and Terence Marling, to name a few. She has performed with many dancers around the world including Maia Makhateli, Artur Shesterikov, Yolanda Correa Frias, Yoel Carreno, Gennadi Saveliev, Cory Stearns, Adeline Pastor, and Alen Bottaini, among several others.

Furthermore, Ms. Torres received her AA in Accounting with Honors from Southwestern College and her BS in Business Administration-Management from San Diego State University.