

## CURRICULUM VITAE

### Personal Information

Name: Ashley C. Taylor  
Address: Taylor Pilates & Fitness, Owner  
2000 South Acoma Street  
Denver, CO 80223  
Phone: 303-898-2072  
Email: ashley@taylorpilatesandfitness.com

### Employment History

#### June 2013 - present

##### *Owner and Movement Instructor*

##### **Taylor Pilates & Fitness – Denver, Colorado**

Practice as Pilates Instructor, Oov Educator, Core Align Instructor, MOTR Instructor  
Provide coordinated care for clients with their wellness providers for improved outcomes  
Mentor to Pilates and Oov Instructors  
Responsible for business operations – marketing, business design, onsite resources

#### Jan 2010 – June 2013

##### *Pilates Instructor*

##### **Pilates on Broadway – Denver, Colorado**

Instructor of private and duet sessions Pilates sessions  
Instructor of group classes on the reformer, tower and chair  
Created a Ski-lates training program for winter sports athletes

#### Jan 2010 – June 2013

##### *Pilates Instructor*

##### **Forza Fitness & Performance – Denver, Colorado**

Instructor of private and duet Pilates sessions  
Expanded the group equipment program for the Pilates department  
Worked in partnership with Howard Head Sports Medicine Physical Therapists

### Educational History

#### **University of Colorado at Boulder, Boulder, Colorado**

BA in Communication, minor Business (June 2001)

**Polestar Pilates** Comprehensive Teacher Training Program (March 2010)

**Polestar Pilates** Advanced Teacher Training Program (November 2015)

**Pilates Method Alliance** Pilates Instructor Certification (April 2011)

**American Council on Exercise** Group Fitness Instructor (June 2012)

**Movement Mentorship with Amy Broekemeier DPT, Pinnacle Performance** (2013 –Present)

## **Continuing Educational History**

- 2012 **Advanced Assesment Skills I**  
Amy Broekemeier DPT, Polestar
- Advanced Assesment Skills II**  
Amy Broekemeier DPT, Polestar
- 2013 **Pathokinesiology of the Lumbar Spine**  
Amy Broekemeier DPT, Polestar
- Pathokinesiology of the Lower Extremity**  
Amy Broekemeier DPT, Polestar
- Women's Health**  
Pamela Downey DPT, Polestar
- Communication Skills for Pilates Instructors**  
Helen Masin PHD, PT, Polestar
- 2014 **Gait Analysis**  
Amy Broekemeier DPT, Polestar
- Pathokinesiology of the Upper Extremity**  
Amy Broekemeier DPT, Polestar
- 2015 **Fascial Dissection**  
Tom Myers, Anatomy Trains (Kinesis Workshops LLC)
- Anatomy Live 2015**  
Institute of Motion, Michol Dalcourt and Tom Myers
- Scoliosis**  
Amy Broekemeier DPT, Polestar
- CoreAlign I**  
Rhondi Miller PT, Balanced Body
- 2016 **Core Align II**  
Rhondi Miller PT, Balanced Body
- MOTR**  
Lindy Royer PT, Balanced Body

## Continuing Educational History

### 2016 **Oov Fundamentals**

Amy Broekemeier DPT, Polestar

### **Oov Level 2: 3D Assessment/Afferent**

Daniel Vladeta BSc, Polestar & Amy Broekemeier DPT, Polestar

### 2017 **Oov Apprenticeship with Amy Broekemeier DPT**

Assisted Oov Fundamentals Courses:

Phoenix, AZ

El Segundo, CA

Tucson, AZ

Kansas City, MO

Denver, CO

### **Oov Level 2: 3D Assessment/Afferent**

Daniel Vladeta BSc, Polestar & Amy Broekemeier DPT, Polestar

### **Oov Pilates Apparatus**

Amy Broekemeier DPT, Polestar

### **What's the Fuzz? Lecture/Presentation Live Course**

Gil Hedley PHD, Somanautics Workshops

### **Oov Level 3: Efferent**

Daniel Vladeta BSc, Polestar & Amy Broekemeier DPT, Polestar & Nick Dawes, DC

### 2018

### **Z Health Essentials of Elite Performance**

Michael Golden, Z Health Performance Solutions

### **Oov Level 2: Afferent**

Daniel Vladeta BS, Polestar