**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 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

Developed 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 Assessment Skills I**

Amy Broekemeier DPT, Polestar

**Advanced Assessment 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

**Oov Fundamentals**

Amy Broekemeier DPT, Polestar

**Continuing Educational History**

2016

**Oov 3D Assessment**

Daniel Vladeta BSc, 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 Pilates Apparatus**

Amy Broekemeier DPT, Polestar

**What’s the Fuzz? Lecture/Presentation Live Course**

Gil Hedley PHD, Somanautics Workshops Inc

**Oov Level 3: Efferent**

Daniel Vladeta BSc, Polestar

2018 **Essentials of Elite Performance**

Michael Golden, Z-Health Performance Solutions LLC

**Oov Level 2: Afferent**

Daniel Vladeta BSc, Polestar

2019 **Essentials of Elite Performance**

Matt Bush, Z-Health Performance Solutions LLC

**6 + 4 Day Intensive Hands-On Unfixed Human Dissection Course**

Gil Hedley PHD, Somanautics Workshops Inc

**Oov Level 2 + 3: Afferent & Efferent**

Daniel Vladeta BSc & Nick Dawe DC, Polestar