

CURRICULUM VITAE

Personal Information

Name: Ashley C. Taylor
Address: Taylor Pilates & Fitness, Owner
2390 South Downing Street, Suite D
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Employment History

June 2013 - present

Owner and Movement Instructor

Taylor Pilates & Fitness – Denver, Colorado

Practice as Pilates Instructor, Oov Instructor, Core Align Instructor, MOTR Instructor
Provide coordinated care for clients with their wellness providers for improved outcomes
Mentor to Pilates Instructors and Movement Practitioners
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)

American Council on Exercise Senior Fitness Specialist (June 2024)

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

Oov Educator (2017 – 2024)

Continuing Education 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 Education 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 Day + 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

2020 **60 Hour In Person Anatomy Course**

Lindsay McCarron LMT, Colorado School of Healing Arts

8 Hour Online Fixed Human Dissection Course

Gil Hedley PHD, Somanautics Workshops Inc

Continuing Education History

2021 **Taking Action with ACE: Practicing Equity, Diversity and Inclusion as an Exercise Professional**

American Council on Exercise

2022 **Balancing the Diaphragms**

Julie Hammond, Anatomy Trains LLC

2023 **Fascial Dissection**

Tom Myers, Anatomy Trains LLC

The Nerve Project: Exploring the Nerve Tree in Relationship

Gil Hedley PHD, Somanautics Workshops Inc

2024 **Senior Fitness Specialist Certification**

American Council on Exercise