



# PILATES THIERRY





## Ashley Who?

Ashley Thierry is a dynamic leader and expert in the Pilates industry, known for building a highly respected and results-driven teacher training program. With 14 years of experience and 19 Pilates credentials—plus 10 additional certifications such as cycling, rowing, barre, personal training, Reiki, and mindfulness coaching and more.. Her unique and comprehensive background allows her to train instructors who are not only versatile but highly sought-after across California.

From the outset of her career in 2012, Ashley immersed herself in the science of movement. At Athletic PT, a physical therapy facility, she worked alongside doctors and physical therapists, learning how Reformer Pilates could play a critical role in rehabilitation. That same year, she joined SPN Pilates in Calabasas, a prestigious studio that helped lay the foundation for her teaching style. Refusing to be confined by a single approach, Ashley sought out every training available—studying under top California instructors and companies in both classical, contemporary and fitness Pilates methods—to refine her skills and expand her perspective.

In 2017, Ashley stepped into a teacher training role, quickly discovering her passion for mentorship. She went on to ghostwrite training manuals for studios across the state, assisting them in developing their own distinct methods. Ashley knew more could be achieved. That vision became reality with the creation of The Pilates Thierry Method—a unique fusion of classical discipline, contemporary flow, and fitness intensity. This method strikes the perfect balance between traditional Pilates and modern fitness, providing a dynamic, results-oriented experience that prepares instructors for real-world success.

Ashley's teacher training is known for its intensity and rigor. She is unapologetically committed to quality, refusing to offer quick or watered-down certifications. "You can't learn an art like this in a weekend," she insists. Her programs demand dedication, attention to detail, and a genuine desire to master the craft. Her program totals to 250 hours and that type of commitment pays off.

# Why You Have to Apply to Join Pilates Thierry's Teacher Training Program — And Why That Matters



In a world where most Pilates teacher trainings just ask you to click “Buy Now” and show up, Pilates Thierry is doing things differently — and intentionally. If you want to join their renowned teacher training program, you can’t just enroll online with your credit card. Instead, you start with an application at [AshleyThierry.com](https://AshleyThierry.com) — and from there, things get personal.

After you apply, Ashley Thierry herself gives you a call. Yes, a real conversation. No automated emails or generic forms. It’s one-on-one, honest, and tailored — because Pilates Thierry isn’t just looking for anyone with a mat and a dream. They’re curating a community of driven, aligned, and like-minded individuals who are passionate about learning and elevating the craft.

“We want people who are in this for the right reasons,” Ashley says. “This isn’t about filling seats — it’s about cultivating successful, confident instructors who can truly lead.”

Unlike other programs that accept anyone with a credit card and internet access, Pilates Thierry is rooted in mentorship, personal growth, and long-term success. The application process is there to ensure every trainee not only fits the culture, but also thrives in it. It’s about energy, commitment, and a shared standard of excellence.

And it shows. Graduates from the Thierry method don’t just walk away with a certification — they walk into studios with confidence, clarity, and a deep understanding of both classical and contemporary Pilates. They’re sought-after, not just for their skills, but for the intentional, supportive training environment they came from.

By taking the time to personally vet every applicant, Pilates Thierry ensures that trainees aren’t just a good fit for the program — they’re a great fit for the Pilates world itself.

Because when you train with purpose, surrounded by people who truly get it, the results go beyond just learning. You build community, you build confidence — and most importantly, you build a career that actually lasts.



# THE TRAINING EVERYONE IS TALKING ABOUT



There's a New Era of Pilates Training – and It's Redefining the Industry

In just one year, Pilates Thierry has emerged as one of California's most sought-after and respected Teacher Training companies—and for good reason. In a world where most training programs are designed for one studio, one method, and one narrow career path, Pilates Thierry has broken the mold. It is not just another certification—it's a movement. A revolution in how Pilates instructors are trained, empowered, and elevated to excellence.

This is not your typical teacher training.

Where most programs are built to serve a single studio's needs, Pilates Thierry exists to serve the entire Pilates community. It's a fully comprehensive, unbiased, and multi-disciplinary program created to support both aspiring instructors and studios in need of truly exceptional talent. With a strong foundation in Classical Pilates, expanded training in Contemporary, Fitness, Cardio, and Reformer Pilates, and deep emphasis on all Pilates apparatuses, graduates walk away with a level of knowledge and confidence that makes them instantly hireable—and highly desirable—across the state.

Studios across California are already recruiting Pilates Theory graduates before they even complete their certification.

Why? Because Pilates Theory is raising the bar.

Led by Ashley, a seasoned expert with over 14 years of teaching experience, Pilates Thierry goes far beyond simply teaching the moves. This program dives deep into every essential aspect of becoming a master instructor:

- Anatomy, physiology, and the science behind the method
- Program and routine design with purposeful sequencing
- Verbal cueing mastery so clients never have to look up to know exactly what to do
- Hands-on corrections and safety protocols for every level and every body
- Modifications for every single exercise so beginners and advanced clients can thrive side by side.

In a fitness world flooded with two-day "certifications" that fail to teach the art and responsibility of Pilates instruction, Pilates Theory offers something rare: authentic, in-depth education that actually prepares instructors for long-term success.



Teaching Pilates isn't just about learning moves—it's about learning how to shape, guide, and transform human bodies safely, intentionally, and with purpose.

Great instructors are not born—they're made. And Pilates Thierry makes the best.

The training isn't competitive—it's collaborative. The mission? To elevate the entire industry by producing the most well-rounded, well-educated, and confident instructors in the field. To give studios what they truly need: instructors who know how to keep clients safe, inspired, and coming back for more.

This isn't just a course. It's a career foundation, a support network, and a passion project fueled by experience, science, and a deep love for Pilates.

Pilates Thierry is not just changing how instructors are trained—it's changing what it means to be a Pilates professional.

And California is taking notice.

“This isn't just a course. It's a career foundation, a support network, and a passion project fueled by experience, science, and a deep love for Pilates.”







# Why?

At Pilates Thierry, we don't just teach Pilates—we train the next generation of instructors

to lead with confidence, precision, and creativity.

Our Teacher Training program offers a comprehensive, hands-on experience that prepares you to teach dynamic, effective Pilates classes with a strong foundation in both technique and personal expression.

Our training blends the best elements of contemporary Pilates with fitness-focused techniques. This approach strikes the perfect balance between classical Pilates and modern fitness, allowing you to teach a variety of styles while ensuring smooth, seamless transitions between exercises. You will learn how to engage your clients with flowing movements and a carefully structured class that maximizes results.

Throughout your training, you'll dive deep into:

- **Fluid Transitions:** Mastering the art of smooth, uninterrupted transitions that keep your class flowing effortlessly from one exercise to the next. We emphasize the importance of engaging your students mentally and physically throughout the session, ensuring no time is wasted.
- **Breath-work and Alignment:** Learning to incorporate breath-work with precise alignment, helping your clients connect deeply with each movement and improve their overall performance.
- **Creating Effective Workouts:** Understanding how to design classes that balance core, lower body, and arm work, creating a full-body "Pilates burn" with minimal equipment and high-repetitions, low-weight moves.
- **Client Connection:** Developing the skills to connect with your students on a personal level—whether it's through hands-on corrections, meaningful compliments, or storytelling that builds trust and community. You'll learn how to create an inclusive environment where every student feels acknowledged and supported.
- **Diverse Instructional Styles:** Drawing from a wide range of Pilates techniques, including Reformer, Mat, Chair, Tower, and more, you'll be prepared to teach a variety of classes that cater to different client needs and fitness levels.



Under the mentorship of Ashley Thierry, an instructor with over 13 years of experience and 19 Pilates qualifications, you'll receive expert guidance and support as you refine your teaching abilities. Ashley's diverse background and commitment to education have shaped her unique approach to Pilates teacher training, blending her extensive knowledge of fitness and Pilates with a focus on creating engaging, well-rounded workouts.

Our Teacher Training program not only equips you with the technical skills to teach but also empowers you to bring your unique personality and passion to every class you lead. With a variety of music, personalized instruction, and a focus on building a supportive community, our training program offers an enriching and inspiring experience for aspiring Pilates instructors.

Join us at Pilates Thierry to develop the skills and confidence to become a dynamic Pilates instructor who can teach with precision, confidence and grace



“An enriching and  
inspiring  
experience for aspiring  
Pilates instructors.”



PILATES THIERRY WILL NEVER BE....

A

2

DAY

TRAINING

Why Two-Day Certifications Are Undermining the Pilates Industry



The brain's capacity to learn and retain new information is influenced by several factors:

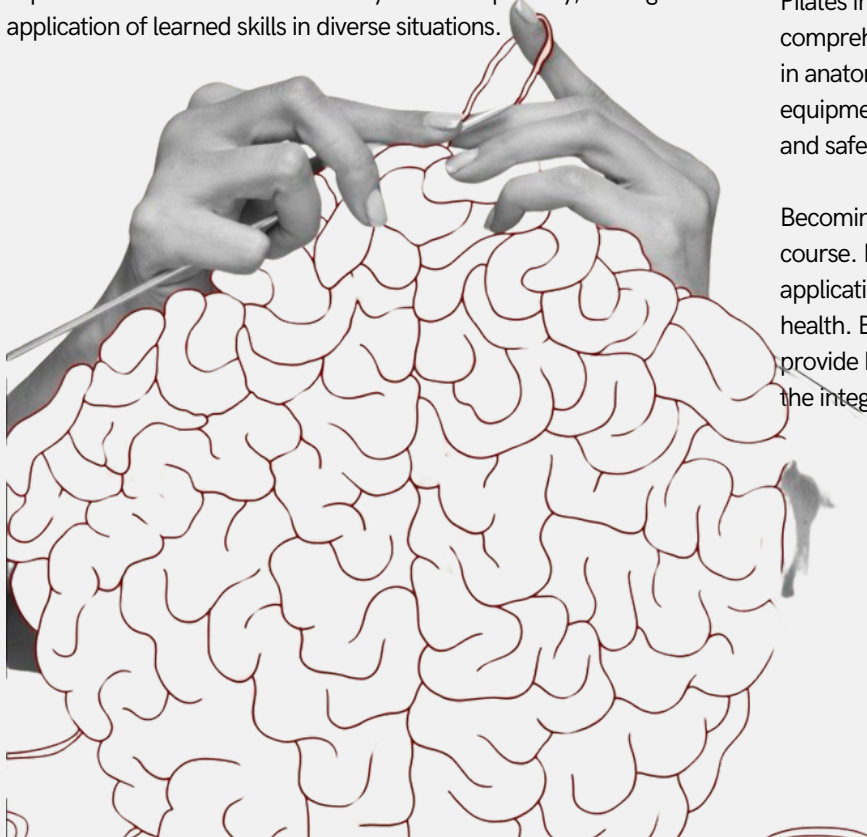
- **Memory Consolidation:** After learning a new skill, it takes approximately five to six hours for the memory to stabilize in the brain. During this period, the memory is susceptible to interference and can be easily disrupted if another new skill is introduced too soon .
- **Role of Rest:** Short breaks during learning sessions are crucial. These rest periods allow the brain to replay and consolidate the newly learned information, enhancing long-term retention.
- **Deliberate Practice:** Expertise is developed through deliberate practice, which involves focused, goal-oriented training with immediate feedback. This method strengthens neural connections and improves performance over time .

#### BRAIN FUNCTION AND LEARNING

The brain's plasticity allows it to adapt and form new neural connections in response to learning. However, this process requires time and repetition. Attempting to condense extensive training into a short period can overwhelm the brain's capacity to process and retain information effectively.

#### PERSONALITY AND LEARNING

Personality traits, such as conscientiousness and openness to experience, can influence how individuals approach learning. Those high in conscientiousness tend to engage in more structured and persistent practice, which is beneficial for skill acquisition. Openness to experience can enhance creativity and adaptability, aiding in the application of learned skills in diverse situations.



# THE SCIENCE OF SKILL ACQUISITION

#### THE IMPORTANCE OF COMPREHENSIVE TRAINING

Pilates instructors are entrusted with clients' health and well-being. A comprehensive training program ensures that instructors are well-versed in anatomy, physiology, rehabilitation techniques, and the safe use of equipment. This depth of knowledge is essential for providing effective and safe instruction.

Becoming a proficient Pilates instructor requires more than just a brief course. It demands a commitment to ongoing learning, practice, and application of scientific principles related to human movement and health. By investing the necessary time and effort, instructors can provide high-quality instruction that benefits their clients and upholds the integrity of the profession.



# The Truth About Teacher Trainings

## It's Not Just About the Price Tag



Let's get one thing straight: You can spend upwards of \$10,000 on one of the most prestigious Pilates teacher training programs out there, but if you're a sh\*tty instructor, that's not going to get you hired. Plain and simple. No fancy certification or expensive program is going to magically make you a great teacher.

It's about you. Your ability to connect with clients, your dedication, your commitment to improving, and, most importantly, your performance once you've graduated. Whether it's a \$5,000 or \$15,000 training, no program is going to give you the ability to actually teach if you're not ready to put in the work and step up your game.

### Finding the Right Fit

The key to a successful Pilates career is to find the method that resonates with you, not just the brand name of the training. Sure, there are some big names out there—Balanced Body, Lagree, Pilates Thierry—but at the end of the day, the right program for you is the one that aligns with your style and personality.

- If you love classical Pilates and you're passionate about the traditional form, then go for Balanced Body or any other classical route that feels right.
- If you're drawn to a faster, more intense approach, then Lagree might be your vibe.
- If you connect with the Pilates Thierry method, where the focus is on intentional, purposeful training with an eye toward body alignment and functional movement, then that's the path you should take.

### Forget the PMA—It's About Hard Work

Let's talk about the Pilates Method Alliance (PMA)—the so-called industry "regulator" that claims to hold the key to being a certified Pilates instructor. The truth? In today's Pilates world, that whole certification system is kind of BS. There is no single governing body that controls the Pilates industry, which means you have the freedom to choose the path that works best for you.

The most important factor in your success as an instructor will always be how hard you work and how dedicated you are to your craft. It's about performance—not just a fancy piece of paper.

### Auditions, Not Resumes

Want to get hired at a top studio? Here's the hard truth: It's all about the audition, not your resume. Studios don't care how many certifications you've collected or how many high-priced trainings you've completed—they want to see you teach. Can you engage a class? Can you provide clear, impactful instruction? Are you able to motivate and adjust to the needs of your clients? That's what gets you hired. You can have the most prestigious resume in the world, but if your class is boring, disorganized, or lacks energy, you're not going to make it. Bottom Line

When choosing a Pilates teacher training program, it's all about finding the method and community that resonate with you. Don't get sucked into the hype of the most expensive or well-known programs. Instead, focus on what aligns with your goals and your style of teaching. At the end of the day, your success in the Pilates world will depend on your work ethic, your commitment, and your ability to deliver a kick-ass class—that's what truly gets you hired.

So, trust yourself, do your research, and find the program that will help you become the instructor you've always wanted to be. The Pilates world is waiting for the next great instructor—and it could be you.

# Pilates Thierry – Making Top-Tier Pilates Training More Accessible Without Sacrificing Quality



Becoming a certified Pilates instructor has long been associated with prestige, skill, and—let’s be honest—a serious financial investment. With many training programs now charging upwards of \$10,000, it can feel like the dream of becoming a Pilates instructor is reserved only for those with deep pockets. But Pilates Thierry is rewriting that narrative.

## A Top-Tier Program with a Realistic Price Tag

Let’s be clear: Pilates Thierry is not a “cheap” program—but it is affordable by comparison. The reason? Not because the quality is lower (in fact, it’s the opposite), but because founder Ashley Thierry believes the Pilates industry should be accessible to more people—not just the financially privileged.

She knows that money is tight, and saving \$10K up front just isn’t realistic for most people. That shouldn’t stop passionate, talented, and hardworking individuals from becoming instructors. And with Pilates Thierry, it doesn’t.

## Why the Price Is Lower—and Why That Matters

Ashley could have easily priced her training program at \$10K like many of the others. But she made a conscious choice to keep it lower—not because it’s “worth less,” but because she truly wants to open the doors to people who have the heart and talent, but not necessarily the funds. Pilates Thierry is about lifting people up, not pricing them out.

## Generous Payment Plans—With Clear Expectations

To help reduce financial pressure, Pilates Thierry offers generous payment plans. You don’t have to cough up a massive lump sum up front. Instead, you’ll work with the team to find a payment structure that fits your situation, making the dream of becoming a certified Pilates instructor feel far more achievable.

But this isn’t a free-for-all. Payment plans come with strict policies:

- You’ll sign a legal agreement outlining your payment commitment.
- A credit card authorization form will be filled out and securely kept on file.
- Payments will be auto-debited on agreed-upon dates—no exceptions.
- Missed or declined payments can lead to immediate expulsion from the program.

Why so strict? Because Pilates Thierry is investing in you. And they expect the same level of commitment and responsibility in return.

## A Real Opportunity for Real People

In a time when everything feels more expensive and saving money is harder than ever, Pilates Thierry offers a refreshing balance between premium education and financial flexibility. You’re not compromising on quality—you’re simply being given a chance that other programs might not offer.

So if you’re serious about teaching Pilates, and you’re ready to commit—not just financially but mentally, physically, and emotionally—Pilates Thierry might just be the opportunity you’ve been waiting for.

Access, not exclusion. Excellence, not elitism. That’s the Pilates Thierry way.



# THE MODULES

A LA CART MODULES. YOU CHOOSE WHAT YOU WANT TO LEARN.

EVERY MODULE SOLD separately. 207 Hours for entire course

Core, Upper body, lower Body learned in each module.

## 1. MAT PILATES TRAINING

- Frequency: 2x per week (1 virtual, 1 in-person)
- Duration: 1 month (8 sessions) 24 hours With Ashley
- Post-Training: 30 days for independent practice (15 hours) before final assessment.
- 2 sessions max are allowed to be missed
- TOTAL module hours 54

## 2. REFORMER TRAINING

- Frequency: 2x per week (all in person at host studio)
- Total Duration: 7 hours per week, 56 hours total with Ashley
- In-person Training: 2 months
- Post-Training: 60 days of independent shadowing, mock classes, observation, and practice. (30 hours)
- 2 sessions max are allowed to be missed
- TOTAL module hours 94

## 3. TOWER TRAINING

- Duration: 2 days a week
- 4 days total, 3-hour sessions
- 12 hours total with Ashley
- Self Study 5-10 hours
- Cannot miss any sessions
- TOTAL module hours 22

## 4. CHAIR TRAINING

- Duration: 1 day
- 6 hours total with Ashley
- Self Study 5-10 hours
- Cannot miss any sessions
- TOTAL module hours 6



## 5. SPRINGBOARD TRAINING

- All sessions in person
- Duration: 2 days a week (4 days), 3-hour sessions
- 12 hours total with Ashley
- Self Study 5-10 hours
- TOTAL module hours 22
- Cannot miss any sessions

## 6. JUMP-BOARD TRAINING

- Duration: 1 day,
- TOTAL module hours 4 with Ashley
- Cannot miss any sessions

## 7. PRENATAL PILATES TRAINING

- Duration: 1 day
- Hours 4 with Ashley
- 1 hour written take home test 1 hour
- Must be present for the duration of the training
- Total module hours 5

# THE COST. THE PAYMENT. THE PLAN.

## REFORMER:

\$3000.00

### PAYMENT PLAN

6 PAYMENTS OF \$500.00

OR

PAY IN FULL AND GET \$150.00 OFF

## TOWER:

\$1000.00

### PAYMENT PLAN

3 PAYMENTS OF \$333.33

OR

PAY IN FULL AND GET \$50.00 OFF

## MAT:

\$1000.00

### PAYMENT PLAN

3 PAYMENTS OF \$333.33

OR

PAY IN FULL AND GET \$50.00 OFF

## CHAIR:

\$550.00

### PAYMENT PLAN

2 PAYMENTS OF \$275.00

OR

PAY IN FULL AND GET \$25.00 OFF

## PRENATAL:

\$245.00

### PAYMENT PLAN

2 PAYMENTS OF \$122.50

OR

PAY IN FULL AND GET \$10.00 OFF

## JUMPBOARD:

\$245.00

### PAYMENT PLAN

2 PAYMENTS OF \$122.50

OR

PAY IN FULL AND GET \$10.00 OFF

## POLICY:

Absolutely no refunds under any circumstance. There are no exceptions to this policy. Once you have made a payment you agree to these terms and do not hold Pilates Thierry LLC. liable.

If you are using a payment plan:

- You must fill out a credit card authorization form. Pilates Thierry POS system will auto debit your card on the agreed upon dates.
- You must sign a legal promise to pay document that lists out the agreed payment dates and amounts,
- If payment does not go through or fails to be paid on the scheduled date you will automatically be expelled from the program. Asked to return the manual and are still responsible for paying the entirety of the teacher training payment. No exceptions.



# GRADUATION REQUIREMENTS

## REFORMER:

After the midterm you must complete  
5 shadows, 15 take/observation, 5-10 mock classes  
Schedule your final  
must pass with a 70% or higher.

## MAT:

After the midterm you must complete  
5 observation classes and 5 mock classes  
Must pass with a 70% or higher.

## PRENATAL:

Must be present for the duration of the day. A  
written final will be taken at the end of the  
session in order to get your diploma.  
Must pass with a 70% or higher.

## TOWER:

Must be present for all 4 days.  
On the 4<sup>th</sup> day a practical final exam will be performed.  
must pass with a 70% or higher.

## CHAIR:

Must be present for the duration of the day. A practical final will  
be performed at the end of the session in order to get your  
diploma.  
Must pass with a 70% or higher.

## JUMPBOARD:

Must be present for the duration of the  
day. A practical final will be performed at  
the end of the session in order to get your  
diploma.  
Must pass with a 70% or higher.

You will be provided with spreadsheets to track your post-midterm progress, along  
with detailed instructions on how to complete them and submit appropriate proof of  
attendance.

## POLICY:

### Certification Policy and Examination Guidelines

To successfully complete your certification, you must pass all final examinations associated with each module.  
If you do not pass the final exam, you will be required to pay an additional fee to reschedule and retake the  
test. Please note that only one test attempt ("test out") is included in the tuition for each module.  
Re-test Fee: \$150.00 per module

Please be aware that no refunds will be issued under any circumstances. This policy is strictly enforced, and  
no exceptions will be made. By submitting payment, you agree to these terms and waive any liability against  
Pilates Thierry LLC.

All payment plans must be paid in full before certification can be issued. Graduation and certification are  
contingent upon a zero account balance.

Once your final exam is passed and all payments have been successfully completed and cleared, a hard copy  
of your certificate will be mailed to the address we have on file.

Please note: You are not considered fully certified until you have received the signed and dated hard copy of  
your certificate.

A photograph of a Pilates studio with two women on reformers. The woman in the foreground is wearing a black top, black pants, and white socks, and is holding a yellow fuzzy loop. The woman in the background is also on a reformer, wearing a black top and black pants. The text "LIFE AFTER TRAINING" is overlaid in large white letters.

# LIFE AFTER TRAINING



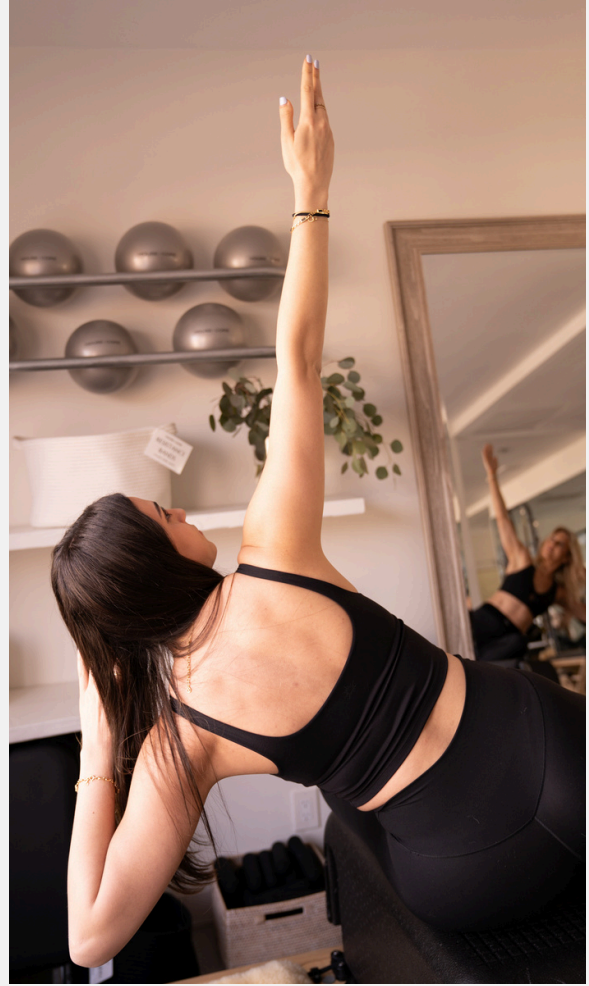
# What Happens After Training?

## What Happens After Training?

You've finished your training—amazing! But now what? I know it can feel intimidating stepping into the Pilates world, especially in a place like LA where the industry is huge and competitive. Trust me, I've been there. Even after almost 14 years of teaching across DTLA, West Hollywood, Westwood, and now Brentwood, I still get nervous walking into new studios or interviews. That feeling is totally normal.

## Where Are Others Working?

Every graduate's journey is different—some go straight into teaching full-time, others build their schedule gradually across multiple studios. Some find a home in boutique spots, while others explore gyms or private clients. There's no one-size-fits-all path, but there are definitely ways to make the transition smoother.







## Studios that have hired Pilates Thierry graduates

UCLA  
HOUSE OF CORE Brentwood  
JOHN REED WEHO  
JOHN REED DTLA  
MIGHTY PILATES  
PILATES SMITH  
LA FITNESS  
YAFIT TARZANA  
YAFIT AGOURA HILLS  
ELAN PILATES  
FIDM  
ORACLE

DYNASIX  
CHILDS POSE LA  
Fabletics  
NEAUHOUSE  
Tunnel Pilates  
Center For Yoga - Larchmont LOS Angeles  
BELLATEC - DTLA  
Pilates Thierry Virtual Studio  
Evoken  
West Adams  
Reformacore  
Circuit Works



# IT'S ALL ABOUT

## **Etiquette & Respect**

Maintaining a high standard of professionalism and respect is essential throughout the duration of this Teacher Training program. Each participant is expected to contribute to a positive, inclusive, and supportive learning environment that fosters growth, collaboration, and personal development.

Studio Etiquette Expectations:

- **Respectful Conduct:** All trainees must treat one another, as well as faculty and staff, with kindness, courtesy, and respect at all times. Every individual brings their own unique background and perspective, and it is our collective responsibility to ensure everyone feels seen, heard, and valued.
- **Professionalism:** This includes arriving on time, being fully prepared, and engaging with integrity and humility. Constructive feedback is encouraged, but must always be offered in a respectful and supportive manner.
- **Safe Space Commitment:** Any behavior that creates a hostile or unsafe environment—including gossip, bullying, emotional manipulation, or physical intimidation—will not be tolerated. We take these matters seriously in order to preserve the integrity and safety of the training space.
- **Zero Tolerance Policy:** Any form of harmful behavior, negativity, drama, or actions that cause emotional or physical distress to another trainee or staff member will result in immediate dismissal from the program. No exceptions.

This training is not only about learning to teach—it is about embodying the values of leadership, empathy, and integrity. The way we treat one another throughout this journey will reflect the kind of teachers we become. Respecting each other's process, maintaining professionalism, and upholding clear, compassionate communication are essential parts of that journey.

# IT'S NOT ABOUT YOU

## **It's About The Clients**

If you're teaching from ego, you're already failing. A great instructor teaches for the class, not for themselves.

The worst instructors are those who make it all about them—egotistical, disconnected, and unaware of their clients' needs. Being admired doesn't matter if you don't care—because clients won't come back. The purpose of a class is simple: to support the clients. To improve their mental and physical health, help them reach their goals, and become stronger, more confident versions of themselves.

An instructor should be non-competitive, kind, and deeply caring. You're not there to show off or make a quick dollar—you're there because you love Pilates and genuinely want to guide others through it. Teaching should come from passion, not performance. Your teaching style shapes their results. Are you helping them lean out, tone, build strength, or burn fat? Or are you just trying to run the "hardest" class for applause? Let's stop equating the toughest workout with the best instructor. The best teacher is the one who delivers real results and shares their love of Pilates with intention, humility, and care.

To be the best isn't about being admired. It's about making your clients their best selves.

# Pilates Thierry Alumni: A Lifelong Network, Not a One-Time Certification

In a city where networking is everything and genuine support can be hard to come by, Pilates Thierry is breaking the mold. Unlike traditional teacher training programs where students graduate and disappear into the wellness void, Pilates Thierry graduates become part of something deeper: a real community—yes, that word gets overused, but in this case, it's earned.

When you complete your training with Pilates Thierry, you don't just walk away with a certification—you walk into a lifelong network of likeminded, hardworking instructors who genuinely root for each other. From seasoned alumni helping new grads land their first studio gig to group chats buzzing with tips, leads, and support, it's clear that this isn't a solo journey.

**Quarterly Photoshoots & Socials That Keep the Magic Going**  
Founder Ashley Thierry doesn't just hand you a certificate and send you off—she brings her alumni back together again and again. One of her standout rituals? The quarterly Pilates Thierry photoshoots. These are more than just aesthetic content opportunities (though the content is fire). They're built-in reunions where past and present trainees come together to meet, network, catch up, and support each other.

And of course, in true Pilates Thierry style, there are always snacks, drinks, good vibes, and encouragement flying around. The setting is relaxed, supportive, and buzzing with energy—just the way Ashley intended. It's a chance for instructors to get professional photos for their portfolios and socials (no need to awkwardly DM your clients for iPhone shots), while also bonding with others in the field.

**Massive Parties, Real Bonding, and Sponsored Goodie Bags? Yes Please.**

Ashley goes even further—throwing epic alumni parties that aren't just for show. These are full-blown, photographer-studded events with curated desserts, drinks, and sponsored gift bags that make everyone feel celebrated. It's not just about being a "graduate." It's about being a valued part of something bigger—a team, a movement, a Pilates family.

And when they're not turning up at a party, the alumni crew is out enjoying team-bonding outings. From Pilates Thierry beach days to brunch hangs and hiking meet-ups, Ashley intentionally keeps the circle tight-knit and open—encouraging her graduates to build friendships, partnerships, and collaborations that extend well beyond the studio.



## Not Just a Training—It's a Life Shift

Pilates Thierry isn't a "take the course and leave" program. It's a commitment to a lifestyle, a network, and a higher standard of Pilates instruction. The people who join are driven, motivated, and ready to support each other through it all—from mock teaching nerves to real-world studio interviews.

It's not just about becoming an instructor. It's about becoming part of a powerful circle of professionals who stay connected, help each other grow, and never feel like they're doing it alone. And in LA's ever-evolving wellness world, that kind of true support system? It's rare. It's real. And at Pilates Thierry, it lasts for life.



# HOST STUDIOS

The host studio is the location that trainees attend their instudio days.

## What to Expect

Your designated host studio is the location where you'll complete the in-person portion of your Pilates Theory teacher training. During these immersive, hands-on sessions, you'll be moving and practicing for several hours each day. Please come prepared in comfortable, athletic attire suitable for extended physical activity. We also recommend bringing light, energizing snacks and a reusable water bottle to stay fueled and hydrated during short breaks.

Each host studio will serve as your training home during the course, providing the space and support you need to thrive throughout the program. Please note that host studios may vary depending on your training cohort, as Pilates Thierry partners with a variety of high-quality studios across California. Be sure to check your specific training details for the correct address and location information.

- It's important to understand that while your training takes place at a particular studio, the method you are studying is uniquely Pilates Thierry. This teacher training program is independent and not affiliated with the studio's own methodology or brand. Pilates Thierry is a standalone certification and is not connected to or representative of any other studio's proprietary method.



If you're a studio interested in collaborating with Pilates Thierry, please reach out to Ashley directly to discuss terms, financial opportunities, and how your studio can benefit from the partnership.

## Danielle Lewis

Pilates Thierry training has been one of the best experiences of my life. Ashley is knowledgeable, encouraging, friendly, & helpful. She is everything you want from an instructor and mentor. She truly cares about you and does everything in her power to see that you succeed. She has the best energy and creates the most welcoming environment of truly incredible women. I can't recommend her and her trainings enough, 10/10 NO NOTES.

## Flynn Sallas-Miller

"Training with Ashley through Pilates Thierry has been an incredible experience—she taught me all the fundamentals and so much more, giving me the confidence to start teaching at my dream studios right away. Her supportive, positive energy shines through in every session, making the learning process both empowering and enjoyable. Ashley goes above and beyond to ensure each student feels seen and valued, creating a truly special and personalized journey. I don't know where I would be without her!"

## Elizabeth Seropien

"Working with Ashley has been a game-changer for my Pilates practice. She explained each movement so clearly, breaking things down step by step, which gave me the confidence to try new challenges without hesitation. I also love how she allowed me to teach mock-up classes, giving me the creative freedom to experiment and grow as an instructor. Her encouragement and attention to details had helped me progress faster than I expected, making each session both empowering and achievable!!!!"

## Liz Bovell

"Ashley's teaching style is both engaging and empowering. Her passion for Pilates is evident in every session, and her ability to seamlessly transition between guiding us through complex movements and offering personal encouragement made a significant impact."

## Ava Alambeigi

"Ashley is the kind of teacher who makes you feel seen, supported, and excited to learn. Her warmth, energy, and genuine care made every class something I looked forward to. She helped me fall in love with Pilates in the most natural, joyful way. Because of her, I found the confidence and inspiration to become an instructor myself★"

## Claire Britton

"Teacher training with Ashley was one of the best decisions I have ever made. I learned so much about myself in more ways than I can count. I learned patience, creativity, self assurance and more than anything, with hard work comes reward. I cannot thank Ashley enough for all the time and individualized attention that Ashley put into each and every moment she was with all of us. After my teacher training program, I left with a new friend and my biggest cheerleader. Thank you Ashley for all you do for your people! "



## Julia Patterson

"Ashley is the goat. She's one best instructors you'll ever have and she's the best of the best to learn from. I was so fortunate to have Ashley as my mentor and then to have her train me. I'll forever be confident in my instructor abilities because she's the one that trained me. She's tough, fierce, and knows how to kick some booty. She's so knowledgeable and made learning fun. I couldn't have asked for a better teacher to learn from. Can't recommend her Pilates program enough."

## Jazmine Ghlijkhani

"I completed the reformer teacher training program with Ashley Thierry back in 2021, and I can confidently say it was an exceptional experience. Ashley was highly knowledgeable and passionate, offering valuable insights into Pilates techniques, anatomy, and teaching strategies. The hands-on practice sessions were particularly beneficial, allowing me to refine my skills and receive constructive feedback. Additionally, her emphasis on both personal and professional growth helped me build confidence as an instructor. Overall, this reformer training has been transformative, equipping me with the skills and confidence to teach Pilates effectively for over 3 years now. I highly recommend it to anyone serious about advancing their Pilates practice and teaching career. Ashley is phenomenal and dedicated to fostering the best Pilates instructors out there."

## Melanie McGrath

"Ashley's Pilates teacher training was an amazing experience! She is super hands on and ready to help you grow and succeed! I am so glad I did the training with Ashley and highly recommend to any other fitness heads that want to add another trick to their toolkits. Can't wait to start teaching!"

## Danielle Lewis

"Pilates Thierry training has been one of the best experiences of my life. Ashley is knowledgeable, encouraging, friendly, & helpful. She is everything you want from an instructor and mentor. She truly cares about you and does everything in her power to see that you succeed. She has the best energy and creates the most welcoming environment of truly incredible women. I can't recommend her and her trainings enough, 10/10 NO NOTES."

## Nate Harris

"I can't say enough amazing things about Ashley. When I met her I had never taken a mat Pilates class, and now I'm an instructor. Not only is she an effective instructor, but her way of teaching people how to move their bodies is incredible. After months of taking her class, I joined her teacher training. I'm now teaching multiple Pilates classes a week. She has an amazing gift and working with her and learning from her has been such an amazing journey over the past year. If you have an opportunity to learn from Ashley, do it. You'll be learning from the best!"

## Cortney Radkey

"I first met Ashley as a colleague, both working together at a fitness studio in downtown LA. I went into her class new to Pilates, but well versed in fitness instructors and how picky I can be about them and their teaching style. Taking Ashley's class, I was absolutely blown away. Not just by the challenging aspect of the class itself, but by the quality of knowledge and level of skill and intention in her instruction. The amount of dedication she provides and the energy she gives to her students is such a rare gift to find in an instructor. Later when she approached me about possibly training in Pilates, I felt no hesitation in joining the program because I had 100% trust in the coach I would be learning from. The amount of care she held within her own classes translated completely to the care she gave her teacher trainers throughout the training program. With a combination of hands on work, discussion, in person training and practice, and self study, she truly sets you up for success, as long as you yourself put the work in. I truly can't speak enough about the quality of Ashley's teaching. When looking for a fitness training program (of any sort), it's all about the coach you are learning from. With that, I am so grateful to have been given this opportunity to learn from someone so talented and giving; in her knowledge, skill, and self. Through her classes and training program she is building an incredible community of people, and it is an honor to be a small part of it."





# PILATES THIERRY

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