



Siobhan Reilly

MASTER PILATES INSTRUCTOR AND TEACHER TRAINER

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PROFILE

Multi-talented Pilates instructor with over 20 years of experience guiding clients of all levels through safe, effective, and personalized sessions. Advanced training in classical and contemporary Pilates, with deep knowledge of anatomy, movement mechanics, and corrective exercise to support injury prevention, rehabilitation, and performance. Known for precise cueing, intuitive client connection, and lasting results.

EXPERIENCE

Lead Pilates instructor and teacher trainer

Feb 2017 – Present

Power Yoga & Pilates · Las Vegas

- Lead the teacher training program, certifying new instructors on the Reformer, Tower, and Cadillac.
- Design individualized programs and deliver one to one instruction focused on form, safety, and progress.
- Promote studio offerings through social media marketing and community events.

Certified Pilates instructor

Jan 2021 – Jan 2024

Sunday Pilates · Las Vegas

- Taught group reformer and mat classes with careful attention to form and injury prevention.

Certified Pilates instructor

Jan 2002 – Mar 2008

Shakti & Yoga Pilates Studio · Las Vegas

- Educated clients on the principles of Pilates and guided them to achievable, lasting results.

Professional dancer and model

1996 – 2000

Anita Plos Management · Cairns, Australia

- Runway, editorial, and commercial work, the movement foundation behind her teaching.

SELECTED ACCOMPLISHMENTS

- Authored and published five Pilates teacher training manuals, beginner to advanced, covering principles, anatomy, methodology, and equipment leadership.
- Designed and lead an original teacher training curriculum, mentoring aspiring instructors through certification and career readiness.
- Recognized for producing confident graduates who thrive in boutique studios and clinical settings.

PUBLICATIONS

Pilates Reformer Training Manual, Levels 1 to 3

Pilates Tower Training Manual, Levels 1 to 2

EXPERTISE

- Classical and contemporary Pilates
- Reformer, Tower, and Cadillac
- Corrective exercise and injury prevention
- Rehabilitation support
- Private and group instruction
- Client motivation and retention
- Teacher training and mentorship

CERTIFICATIONS

- STOTT Pilates, comprehensive
- Peak Pilates, comprehensive
- Certified Strength and Conditioning Specialist (CSCS)
- Certified Personal Trainer (CPT)
- Certified Yoga Instructor
- Lifetime Fitness Academy

EDUCATION

B.A., Physical Education

Sturt University · Adelaide, Australia