

**Alissa Thompson, Pilates Instructor**

Alissa moved to the Des Moines area in 2004 after graduating from the University of Iowa with a B.A. in Dance. She has been teaching Pilates mat classes since 2004 and reformer since 2007. She had the opportunity to have one-on-one training in the STOTT Pilates method with Kande Bishop and Katy Kass while on staff at Prairie Life Fitness in West Des Moines. She is trained in Essential, Intermediate, and Advanced Matwork and Essential and Intermediate Reformer.

Alissa went back to college in 2009 to pursue a Bachelor of Science in Physical Therapist Assistant. She works full time for Mercy as a PTA. She also taught dance for 13 years at Capital City Dance Center. In her spare time she loves to dance, watch football, and spend time with family and friends.