

Ashley Bassett- Certified Pilates Instructor

Ashley Bassett has been passionate about movement since she took her first dance class at the age of three. With over 13 years of experience as a professional dancer, instructor, and choreographer, she earned her MFA in Dance and yoga certification from the University of Iowa. Now a Certified Pilates Instructor, Ashley loves helping others discover the joy of movement through strength, flexibility, and balance. When she's not teaching, you can find her baking delicious treats, getting lost in a good book, or exploring the great outdoors.