



SOPHIE LEON-ARGUE

PILATES INSTRUCTOR
WEST HARTFORD LEAD INSTRUCTOR
CLUB PILATES MASTER TRAINER

About Me

An experienced Pilates instructor committed to empowering clients to build strength, confidence, and joy through the transformative practice of the Pilates Method.

✉ sophie@slapilates.com

📍 Farmington, CT

🌐 www.slapilates.com

Certification



NCPT 16164

March 29, 2018 - 2026

Skills

- Passionate
- Creative
- Receptive
- Professional
- Conscientious
- Collaborative
- Organized

Experience

Club Pilates West Hartford

Pilates Instructor

March 2023 – Present

Pilates Instructor teaching 12 person group classes, private training, and member workshops. Specializing in Club Pilates Signature Classes including Flow, Cardio Sculpt, and Suspend.

Lead Instructor

May 2024 - Present

Work in collaboration with the General Manager to guide instructors, communicate with members, manage class schedule, build workshops, improve processes, streamline procedures, and proactively improve our studio community.

Manage studio equipment maintenance, conduct monthly instructor evaluations, mentor trainees, and educate the team on Club Pilates standards and protocols.

Centered Body Pilates

Pilates Instructor

April 2017 – Present

Pilates Instructor teaching 9 person group Reformer classes and all apparatus individual training. Class formats include CBP Principles Program, All-Levels Group Reformer, Intermediate Group Reformer, Advanced Group Reformer, Jumpboard Reformer, and Prenatal & Postnatal Pilates Reformer Classes. Individual training offerings including post-physical therapy conditioning.

Co-creator of the CBP Prenatal & Postnatal Pilates Reformer Program, offering weekly classes guiding safe muscle development for pregnancy, delivery, recovery, and motherhood.

Assistant teacher trainer for new Pilates Instructors pursuing the Centered Body Pilates Comprehensive Training.

Center of Medical Arts

Pilates Instructor

March 2017 - February 2020

Pilates Instructor leading 5 person group classes at all levels utilizing Reformer, Chair, and Tower.

The Posture Bar

Pilates Instructor

October 2019 - February 2020

Pilates Reformer instructor instructing beginner, intermediate, and Jumpboard 6 person group classes weekly.

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Club Pilates

Master Training Onboarding

December 2025

Education

Pilates Suspension Method 2.0: Module 1 & 2	Rebecca Beckler	January 2025
PSM Foundations Module 1 & 2	Rebecca Beckler	January 2025
Reformer Hacks for Hard Exercises Workshop	Pilates Grad School	March 2024
Springwall for Fitness Workshop	Pilates Grad School	March 2024
Pilates Chair for Fitness Workshop	Pilates Grad School	January 2025
Pre and Post Natal Pilates Workshop	Shari Barkowitz	February 2024
Club Pilates Bridge Training (Score: 9.2)	Club Pilates	May 2023
Perinatal Pilates Specialist	Pregnancy Pilates Impact Academy	August 2022
Practical Release: The Essentials with Casey Marie Herdt	Pilates Instructor Academy	March 2020
Adult and Pediatric CPR/AED	American Red Cross	March 2020
Pre and Post Natal Pilates Workshop	Pilates Academy International	November 2019
Fascial Pregnancy Workshop	Fusion Pilates Edu	March 2019
Comprehensive Pilates Certification	Centered Body Pilates	March 2018
B.S. Marketing Communications, CUM Laude	Emerson College, Boston	May 2008

References

Jasmine Tobin

Spartan Fitness Holdings, Club Pilates
Connecticut Regional Manager

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Alyssa Hackett

Club Pilates West Hartford
Pilates Instructor

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