



Lara Tuepker

Reformer Pilates Trainer

Certifications

600-hour Yoga Teacher Training- Asheville Yoga Center Asheville, NC

600-hour Pilates Teacher Training- Vail Institute of Pilates Avon, CO

TRX Certification- Pilates Suspension Method Phoenix, AZ

About Me

I grew up in St. Louis but spent most of my life teaching preschool in the Colorado foothills. My dad introduced me to reformer-based Pilates just before the COVID lockdown. At that point, I had recently left my classroom teaching career and was wondering what was next. It was love at first reformer and I quickly started Pilates teacher training. As the world closed due to COVID, my husband and I sold everything we owned, bought a little travel trailer and spent quarantine on remote public land around the West trying to decide where to land. We were looking for an outdoors scene and winters that are more mild than the mountains of Colorado. Eventually we found our way South to Bentonville. Never would I have guessed that we would call Arkansas home, but as of writing this we have lived in Bella Vista for three years and I have also been teaching Pilates ever since. I am excited to be a part of this team, to meet all of you, and hopefully help build your love of Pilates and movement.

Personal Interests

I live for and love live music. I spend most of my time outside of the studio walking the trails with my dog. I love paddleboarding, hiking, and most outdoor activities. I like reading, travel, hula hooping, pretending to be an artist, and eating good food.

Contact Information

If you are interested in scheduling private sessions, I'd love it. Please talk with me in person.

Walton Family
Whole Health & Fitness