



Born and raised in the heart of the Hudson Valley, Hailey’s love for movement started early—from high school sports to being that girl who never skipped a workout. Fitness wasn’t just a hobby—it was her outlet, her therapy, and the way she stayed grounded.

After years working in healthcare and navigating the emotional toll of post-COVID burnout, Hailey knew it was time for a major shift in energy. That shift came in 2021 during a trip out West, when she took her first-ever Pilates sculpt class. The beat-driven movement, the heat, the intensity—it lit her up. She had finally found something that pushed her in all the right ways. She was hooked.

With a background in sports and a constant drive to challenge herself, Hailey brings that same high- vibe energy to every class she teaches. As a Certified Comprehensive Pilates Instructor, she’s trained across the full Pilates system: from Reformer to Cadillac, Chair, Tower, Ladder Barrel, Spine Corrector, Mat, and more giving her the ability to support everybody, every level, and every goal with intention. Her goal? To help you feel strong, empowered, and unstoppable—whether you’re brand new to Pilates or a seasoned mover. Expect fun, music-fueled, full-body workouts that leave you sweaty, smiling, and ready for more.

Her passion for movement and heat runs just as deep as her love for the beach (yes, she’s a true NY girl who thrives in the sun and firmly believes sweating is a love language). Now based in Kingston, NY, Hailey lives with her two children, Chloe and Burton, and continues building a life rooted in fun, wellness, and community. Over the past four years, she’s tried countless workouts, building her understanding of strength, endurance, and power. But what matters most to her? How movement makes you feel. After struggling with body image and feeling uncomfortable in traditional gym spaces, Hailey became passionate about creating inclusive, judgment-free environments for everyone—regardless of size, shape, race, or background. Because while matching sets are cute, Pilates isn’t just about a size-2 outfit and matcha to-go. In Pilates, she found her strength, self-love, and how to show up for oneself. With discipline and consistency Pilates became the foundation of confidence that grounded Hailey and with that she founded: HAILYEAHPILATES—a movement foundation grounded in MAKING MOVEMENT FUN. Her classes are equal parts spicy and supportive. You’ll step outside your comfort zone—but you’ll leave stronger, more confident, and genuinely excited to come back. Because let’s be honest: no one grows in their comfort zone. In addition to hosting high-energy POP-UPS across the Hudson Valley at boutique locations such as Hotel Kinsley and Windmill Wine Shop. Hailey teaches regularly AT WYCK and PULSE Pilates in Monroe. She also offers private and semi-private sessions, bringing her comprehensive training and signature hype-girl energy directly to those seeking personalized, deeper-level instruction. Follow along and find your vibe at hailyeahpilates.com for POP-UPS or on IG @hailyeahpilates.