

Meet Liz Hilliard & Clary Hilliard Gray of The Hilliard Studio Method

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Photography by [Chris Edwards](#)

Liz Hilliard & Clary Hilliard Gray are the mother-daughter duo behind Charlotte, NC's [Hilliard Studio Method](#), a core-centric pilates based workout that continues to evolve and challenge even the most dedicated of fitness gurus. We sat down with Liz & Clary to hear the story behind their method, their favorite things about working together, and tips from the born-and-bred Charlotteans on what not to miss in the Queen City.

Can you share the overall philosophy behind HSM and a little bit about the story on how you got started?

Hilliard Studio Method works from the inside out by strengthening and isolating the deepest core muscles to create a strong spine, good posture, and flat abdominals with a series of exercises that can relieve chronic pain and create a body that is in control, toned and sculpted. We love the physical results that we see but know that core strength and overall health are interdependent. Our Method is unique, powerful and unparalleled by any other workout.

Hilliard Studio Method started in 2007, when Liz Hilliard, a certified STOTT Pilates trainer began adding resistance to basic Pilates moves plus creating new exercises of her own, all for her daughter Clary, bride-to-be. By the end of the experiment they were both in the best shape of our lives and the Method was born!





Many workout trends turn into fads but HSM has been around for quite some time. Which elements of your method do you hold consistent versus dynamic in order to ensure the workout remains engaging yet consistent with your core values?

There is nothing trendy about a strong healthy spine and sculpted body. Our workout is constantly evolving with new exercises daily utilizing muscle confusion to ensure results. Our goal at HSM is to offer the most efficient, effective workout possible.



Best and worst thing about working with your mom/daughter?

We seem to share a brain, which makes getting things done quite efficient and we definitely share a sense of humor, which keeps things entertaining! No downside—this is just how we like it!



You all recently released a pregnancy workout video and Clary, you taught HSM throughout your entire pregnancy with baby Cameron. What is it about your method that works so well for mummies-to-be? Any tips you can share?

Our workout keeps the core strong, which is especially helpful when you have a growing belly. Back pain, a common complaint from pregnancy is prevented and in some cases alleviated with regular HSM workouts. Increased energy, a stronger body, and fitting into pre-pregnancy skinny jeans in record time are other side effects. We offer pregnancy-specific modifications designed to keep you and baby safe and to top it all off, regular exercise during pregnancy is proven to boost brain development in your baby in utero.

My advice is to get moving in pregnancy. Certainly the first few months you may not feel like it, but I found in both of my pregnancies that getting up, moving and breathing in class (even when I modified the whole way through) made me feel 100% better at the end of the hour than when I started.

Who are your favorite wellness partners?

[Luna's Living Kitchen](#)—their juice truck is in our parking lot every Monday and Thursday, and they'll be here this Thursday night for the SoGood class too!

[Food Babe](#)

[The Whole Tulip](#)

[Nourish](#)

If you haven't heard of Michael Pollan, please check out [In Defense of Food](#), as well as all of his other wonderful books!

Top 5 recommendations on what not-to-miss in Charlotte, NC?

- 1) [Capitol](#)—it's exquisite!
 - 2) [Panther's Games](#)—catch the spirit!
 - 3) [Barrington's Restaurant](#)—ooh la la!
 - 4) [The Mint Museum](#)—spectacular!
 - 5) [Reid's](#)—you might catch us holding office hours here!
- **Hilliard Studio Method—obvi!



How do you think about innovating as you continue to grow and expand your business? Any fun new surprises we should look out for in 2014?

Lookout for streaming HSM workouts you can take with you anywhere!



The Hilliard Studio Method is partnering with The SoGood to offer a free class on February 6th as part of our ongoing Charlotte Event Series. The class will feature giveaways from some of our favorite Charlotte businesses including [Blo Charlotte](#), [Erin McDermott Jewelry](#) and [Jeffre Scott Apothecary](#). Additionally, Luna's Living Kitchen will be outside with their juice truck! (Class is full; SoGood members signed up quickly!)

HILLIARD STUDIO METHOD

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