



Followers around the world have changed the way they look and feel with Liz Hilliard, owner and creator of Hilliard Studio Method. Using her unique, proven and unparalleled Method, Liz helps women at any age and any stage of life sculpt strong, healthy, beautiful bodies and minds. As a business owner, personal and group trainer, author, and motivational speaker, Liz's goal is to share the inspiration of "Be Powerful," her mantra and the philosophy that sets Hilliard Studio Method apart.

Described as "Pilates on steroids," Hilliard Studio Method is Liz's proprietary core-centric, total-body workout that is both safe and effective. With a supportive and positive approach to her challenging workout, Liz will push you out of your comfort zone to find your edge, not only in your body, but also your mind.

Hilliard's first book, *Be Powerful: Find Your Strength at Any Age* is not only the story of how Liz created her signature Method, but also how she found the strength to overcome one of her most challenging life events, and inspires others to find their authentic and most powerful selves. Her book tour and speaking engagements have taken Liz to a level of national recognition, speaking at corporate executive events hosted by Bank of America, Wells Fargo, and Neiman Marcus Charlotte.

Liz has served as keynote speaker of Wells Fargo Executive Women in Business events, and as an expert panelist on various national stages, including BrandShop events in Charlotte and New Orleans, an event featuring The Class by Taryn Toomey, as well as hosting a recurring wellness series of seminars at her flagship studio in Charlotte, NC.



A walking testament to her Method and mantra, Liz reaches deep into the souls of her audience with great passion and energy to help each of them achieve their fitness, overall wellness and lifestyle goals.

Liz has grown the HSM brand to a diverse and accessible three-part platform that allows clients to access the magic of Hilliard Studio Method anytime and anywhere. The flagship studio hosts HSM In Person classes 7 days a week in Charlotte, NC. The HSM On Demand video subscription service houses over 10,000 minutes of video that can be streamed via app and any device for affordable and easy access while the growing pandemic pivot HSM Stream Studio gives clients an in-studio feel from anywhere in the world. The retail shop boasts branded and other top-of-the-line apparel lines, partnerships with local and internationally-known lifestyle and wellness products, as well as the HSM Signature Smoothie.

Liz is the recipient of the SmartCEO Charlotte Corporate Culture Award, and was voted one of Charlotte's 50 Most Influential Women. She understands that being an entrepreneur doesn't result in immediate success, and that failure and rejection come with growth. "I learned early to handle success and failure with an even hand. I honor my failures and learn from them. Failure is not fatal, and success is not final."

Come to class, stream Hilliard Studio Method workouts from anywhere in the world, read Liz's message within the pages of her book, and experience her engaging and positive energy to become your healthiest, most POWERFUL self!

