

Tiffany's passion for skating began over 25 years ago when her mother took her to see the Ice Capades. As a young child she was mesmerized by the lights, music and skating and dreamed one day she would perform on such a stage. Tiffany's childhood dream became reality when she toured with Ice Capades and Disney on Ice from 1996-2000. After retiring from the show circuit Tiffany began coaching competitive skating.

Tiffany received her certification to teach the Pilates Method through Core Dynamics in 2006. In March of 2007 she opened her first studio, Poise & Strength Pilates.

A few years later in 2010 Tiffany founded Crosswhite Pilates Teacher Training Program to pass on the legacy of Pilates to new teachers and has since certified over 300 teachers nation wide (USA). In 2016 Tiffany opened her second studio in Draper, Utah named Studio Core Pilates featuring a new Pilates style she created known as Flow Dynamics Pilates. Flow Dynamics Pilates is intelligently choreographed reformer exercise sequences stemming from classical Pilates. Each dynamic "flow" strengthens the entire body in every direction gracefully with minimal stopping, starting, spring changes or equipment changes. Clients loved this unique approach to Pilates.

Tiffany began sharing her new Pilates style on social media to discover an overwhelming interest from Pilates teachers all over the world.