

Rathfarnham Entrepreneur Sarah MacLachlann Named Among AIBF's Top 5 Women in Business 2025

Sarah MacLachlann Recognised as One of AIBF Top 5 Women in Business 2025

Sarah MacLachlann, founder of Pilates Performance Ireland in Rathfarnham, Dublin, has been named one of the AIBF Top 5 Women in Business 2025 by the All-Ireland Business Foundation

Starting her journey in 1990, Sarah built Pilates Performance out of a desire to help people overcome pain and injury through targeted movement.



Sarah MacLachlann & Paul Hickey from Pilates Performance pictured with Bevin Mahon (AIBF President) and Kieran Ring (Vice-Chair AIBF Adjudication Board) as Sarah MacLachlann was honoured with her AIBF Top 5 Women in Business accreditation by AIBF.

After discovering Pilates in 2002, she shifted from a legal career to found Ireland's first Pilates studios - expanding to over 110 weekly classes, clinical Pilates programmes and a leading educator role.

As a Master Trainer with Balanced Body, she has certified physiotherapists, Cirque du Soleil performers and fitness professionals.

This recognition underscores her lifelong commitment to bridging gaps between healthcare practitioners and the fitness industry, empowering clients with scientifically grounded, empathetic Pilates instruction.

Reacting to the news, Sarah MacLachlann, Founder of Pilates Performance Ireland, said:

"I am deeply honoured to be named among the AIBF Top 5 Women in Business 2025. This recognition validates three decades of passion for movement, rehabilitation, and education in Pilates. Nothing makes me prouder than seeing clients overcome pain and professionals advance their skills through our programmes. My mission will always be to bridge the gap between clinical expertise and fitness, and this accolade inspires me to keep championing holistic wellbeing."

Announcing the accreditation, Kieran Ring, Deputy Chair of the AIBF Adjudication Board, said:

"Sarah MacLachlann's journey from law to becoming a Pilates pioneer epitomises the entrepreneurial spirit we celebrate. Through her vision and relentless drive, she has elevated Pilates from a niche fitness method to a scientifically backed discipline that supports injury prevention and performance optimization. Her leadership in education and advocacy has transformed the wellness landscape in Ireland, making her a deserving member of the AIBF Top 5 Women in Business 2025."

Kapil Khanna, Managing Director of the AIBF, added: "Sarah MacLachlann stands out for her unwavering commitment to elevating Pilates as both a therapeutic and performance-based discipline. By pioneering clinical Pilates education and forging strong partnerships with physiotherapists and surgeons, she has set new industry standards. We congratulate her on this award and look forward to her continued influence on health and wellness across Ireland."

He said: “We evaluate a company’s background, trustworthiness and performance, and we speak to customers, employees and vendors. We also anonymously approach the company as a customer and report back on the experience. The business goes through at least two interviews and is scored on every part of the process against set metrics.”

About The All-Ireland Business Foundation

The All-Ireland Business Foundation is an autonomous national accreditation body tasked with enterprise development and the promotion of Best-in-Class Irish businesses.

As the accreditation body for the Business All-Star mark, the AIBF recognises Best-In-Class Irish businesses. Companies that merit recognition based on an independent audit of their performance, reputation, and customer-centricity.

Business All-Star Accreditation Is The Nation’s Symbol Of Trust. Currently, there are over 750 companies that are accredited by AIBF. Since 2014, over 5000 companies have participated in our programs.

The AIBF also hosts the annual All-Ireland Summit and monthly gatherings to promote peer learning and collaboration among its accredited companies. For more information please visit www.aibf.ie

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