# Former trainer alleges toxic culture and bullying in Tracy Anderson fitness empire



A former longtime employee of celebrity fitness trainer Tracy Anderson has spoken out with detailed allegations of a toxic work environment within the renowned fitness empire. The former trainer, who has requested to remain anonymous and is identified by the pseudonym Emily, worked with Anderson for nearly a decade, beginning in 2015. In an exclusive interview with DailyMail.com, Emily described her experience working under the fitness guru as marked by bullying, emotional distress, and unprofessional conduct.

Tracy Anderson, 50, is a fitness entrepreneur celebrated for her Tracy Anderson Method—a dance-based workout regimen often conducted in rooms heated to high temperatures, reportedly around 95 degrees Fahrenheit with 75 percent humidity. Her method has attracted a celebrity clientele including Gwyneth Paltrow, Jennifer Lopez, and Madonna. Anderson owns multiple studios worldwide, located in cities such as London, Madrid, New York City, Los Angeles, and Palm Beach.

Emily conveyed that she initially joined Anderson’s team enticed by promises of substantial career growth and the glamour associated with working alongside high-profile clients. However, over time she experienced what she described as manipulation and a toxic workplace culture that she attributes to Anderson's leadership style. "Tracy made comments about my body that were unprofessional and very triggering for me as someone who has body image issues," Emily stated. She further characterised Anderson as "toxic, narcissistic, psychotic," and said that the trainer often behaved like a diva during classes, issuing commands in a domineering manner.

Among the allegations, Emily recounted a specific incident where Anderson requested the removal of an Instagram video because Anderson felt Emily “looked pregnant.” Emily shared details of Anderson’s disparaging remarks regarding other trainers and clients behind their backs, which created a highly uncomfortable work atmosphere. "She would talk crap about the New York trainers in front of us... I've been around her while she was talking smack about her own clients, talking about their bodies," Emily revealed.

The physical conditions of the workouts were also criticised. Emily claimed that trainers were sometimes made to conduct multiple classes per day inside the hot studios, with temperatures occasionally becoming dangerously high. She reported suffering from heat rashes and nausea and that her concerns about safety were repeatedly voiced to management without resolution.

Emily explained that after years of employment, she was unexpectedly dismissed. The termination was linked to alleged client complaints based on hearsay that she had expressed negative feelings about the workplace—comments Emily categorically denied making in front of clients and said were taken out of context during private conversations with other trainers. She also speculated that her age, 34, was a factor in her dismissal, noting that Anderson reportedly views individuals past a certain age as "washed up and old." Emily described the dismissal as disrespectful, particularly given Anderson’s absence during the meeting.

Despite the difficult experiences, Emily acknowledged the positive aspects of her tenure, including travel opportunities and meaningful relationships with clients. “When I started, Tracy was the pinnacle of fitness to an extent. The job was high profile, and it was so cool,” she said. She also expressed gratitude for the benefits she personally felt from practicing the Tracy Anderson Method.

DailyMail.com has reached out to Tracy Anderson for comment, but she declined to respond.

This report comes amid a broader context in 2023 where several former employees have publicly shared their experiences working for Anderson’s brand, highlighting similar concerns about the demands and management style within the company. The allegations provide a rare glimpse behind the scenes of a high-profile fitness business celebrated internationally yet, according to these accounts, shaped by complex internal challenges.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.businessinsider.com/tracy-anderson-method-trainers-studio-working-conditions-2023-2> - This article details former trainers' experiences with Tracy Anderson's fitness empire, highlighting allegations of grueling working conditions, including excessive heat and humidity in studios, leading to health issues like heat cramps and bacterial infections.
2. <https://www.businessinsider.com/tracy-anderson-method-lawsuit-megan-roup-trainers-2023-2> - This report discusses Tracy Anderson's legal actions against former employees, including a lawsuit against Megan Roup, founder of The Sculpt Society, for allegedly copying her workout methods, reflecting Anderson's protective stance over her fitness regimen.
3. <https://www.jezebel.com/tracy-anderson-method-insider-mold-bv-athletes-foot-1850124637> - This article highlights health concerns associated with Tracy Anderson's workout environment, including reports of mold in studios and health issues like bacterial vaginosis and athlete's foot among trainers due to the intense heat and humidity.
4. <https://magazinebulletin.com/the-truth-behind-tracy-andersons-star-studded-fitness-empire/> - This piece explores the internal challenges within Tracy Anderson's fitness empire, including allegations of a toxic work environment, legal threats, and demanding working conditions that have led former employees to speak out.
5. <https://info.tracyanderson.com/knowledge/heat-humidity> - This official statement from Tracy Anderson outlines her recommended studio conditions, specifying a room heated to 95 degrees Fahrenheit with 65% humidity, which aligns with reports of high-temperature workouts in her studios.
6. <https://lemonadamedia.com/podcast/is-celebrity-trainer-tracy-anderson-a-scammer/> - This podcast episode delves into Tracy Anderson's legal disputes, including the lawsuit against Megan Roup, and discusses the controversies surrounding her fitness methods and business practices.
7. <https://www.dailymail.co.uk/femail/article-14422387/tracy-anderson-employee-celebrity-trainer-bullied-staffers.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data