



PEAK PILATES®

Benefit Beautifully™.



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"Physical fitness is  
the first requisite  
of happiness."  
**JOSEPH PILATES**





## WELCOME TO PEAK PILATES®

Our purpose is to bring the beauty and benefits of Pilates to the modern world and, in doing so, bring people to a new level of health and vitality. This book distills our history, philosophy and mission to explain why we wake up each morning wishing to share the very best Pilates program with the world.





## THE PILATES STORY

Our story begins with the life of Joseph H. Pilates. Growing up in 19th century Germany, Joseph Pilates was often ill. He suffered from a host of conditions, including asthma and rheumatic fever, that made him seem sickly and frail.

But he refused to let his ailments define him. As a teenager, he trained himself in yoga, weight training and martial arts, to become stronger both physically and mentally.

In 1912, he moved from Germany to England, where he worked as a boxer and self-defense instructor. But as World War I raged across Europe, he was among the hundreds of German nationals detained in a British internment camp. There, he began to train fellow internees, using the limited materials and space that were available to him.

With Pilates' instruction, bedridden patients could strengthen their muscles using the resistance of their own bodies and springs from their hospital beds. He studied the movements of animals in nature and drew on his knowledge of yoga and gymnastics to refine a system of exercises that allows practitioners to gain strength and endurance that stems from the human core.

He called his technique "Contrology" because it was just that: a holistic workout that required mindful control of both muscle and breath.

The exercises gave students extraordinary mastery of their own bodies. Pilates moved to the United States in 1925, and his system soon earned the loyalty of many renowned ballet dancers such as Martha Graham and George Balanchine.

For more than one hundred years, the work of Joseph Pilates, his wife Clara and their early followers have been transforming the bodies and lives of millions of enthusiasts around the world.

At Peak Pilates®, we are continually inspired by Joseph Pilates' story, and we believe in preserving and advancing his mission. Our equipment is meticulously crafted and built from the finest materials. We stay true to Joseph Pilates' exact specifications while applying the latest scientific research and technology to make each apparatus as smooth and effective as possible. We want our instructors to become extraordinary teachers and ambassadors of the Pilates system. Peak Pilates accepts all students both into their classes and into their hearts.

Whether our students are beginners or elite athletes, we carry out our mission in the same way Joseph Pilates carried out his: with respect for the practice, love of the student, and an unwavering belief in the power of every human body.



## CHAPTER

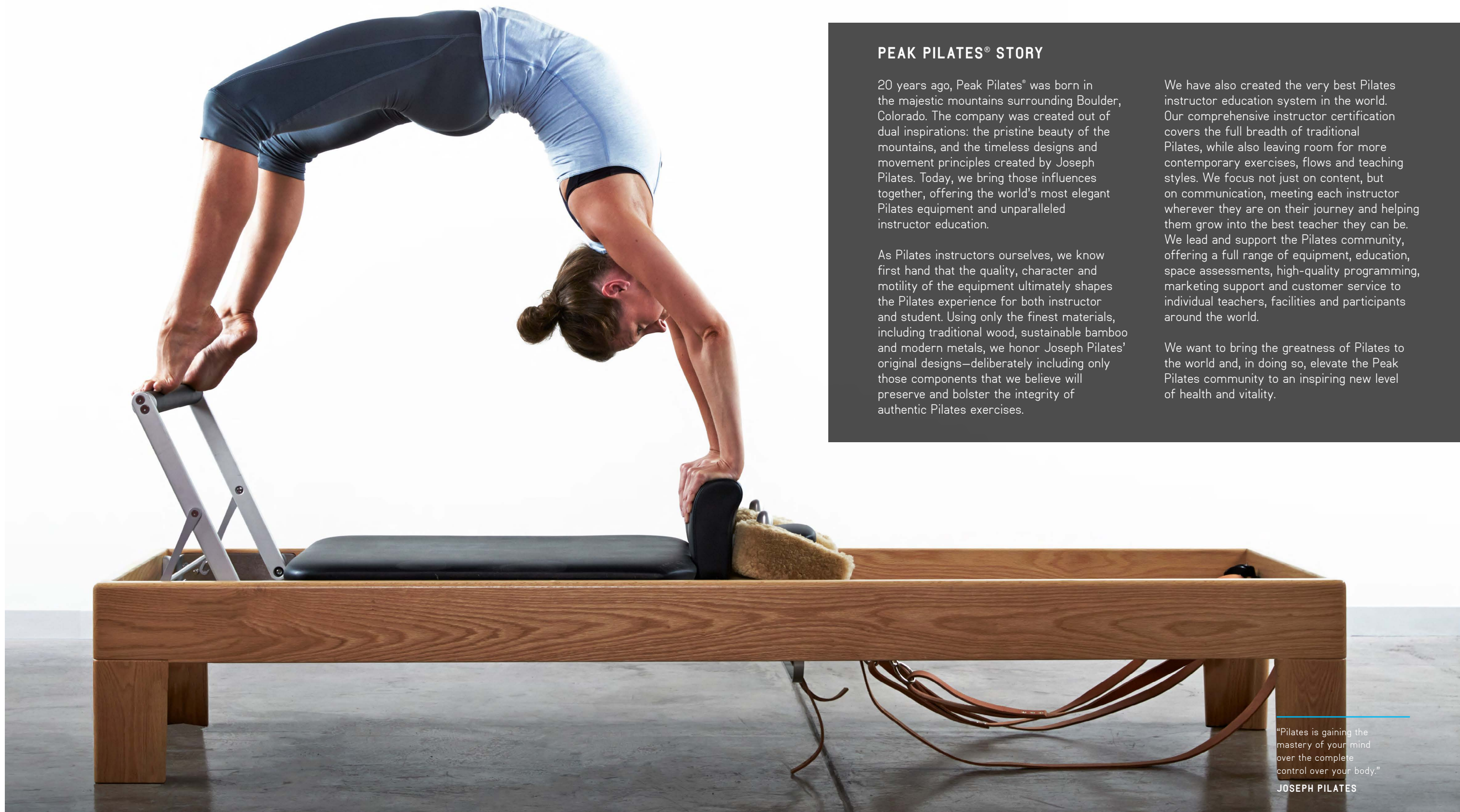
# 1

## History

WE WOULD LIKE YOU TO KNOW HOW PEAK PILATES® WAS BORN, WHERE WE CAME FROM AND – MOST IMPORTANTLY – WHERE WE ARE GOING.







## PEAK PILATES® STORY

20 years ago, Peak Pilates® was born in the majestic mountains surrounding Boulder, Colorado. The company was created out of dual inspirations: the pristine beauty of the mountains, and the timeless designs and movement principles created by Joseph Pilates. Today, we bring those influences together, offering the world's most elegant Pilates equipment and unparalleled instructor education.

As Pilates instructors ourselves, we know first hand that the quality, character and motility of the equipment ultimately shapes the Pilates experience for both instructor and student. Using only the finest materials, including traditional wood, sustainable bamboo and modern metals, we honor Joseph Pilates' original designs—deliberately including only those components that we believe will preserve and bolster the integrity of authentic Pilates exercises.

We have also created the very best Pilates instructor education system in the world. Our comprehensive instructor certification covers the full breadth of traditional Pilates, while also leaving room for more contemporary exercises, flows and teaching styles. We focus not just on content, but on communication, meeting each instructor wherever they are on their journey and helping them grow into the best teacher they can be. We lead and support the Pilates community, offering a full range of equipment, education, space assessments, high-quality programming, marketing support and customer service to individual teachers, facilities and participants around the world.

We want to bring the greatness of Pilates to the world and, in doing so, elevate the Peak Pilates community to an inspiring new level of health and vitality.

"Pilates is gaining the mastery of your mind over the complete control over your body."

JOSEPH PILATES





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Our purpose is to bring  
the beauty and benefits of  
Pilates to the world.

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## CORE STATEMENTS

At Peak Pilates®, we believe in the power of inspiration. We owe our existence to the personal power and transformative benefits to the movement practices of Joseph Pilates. Our singular mission is to pass that inspiration on to you, our community of students and instructors.

We are dedicated to preserving and promoting the timeless work of Joseph Pilates through the meticulous, first-class design of every program and piece of equipment we produce. We strive to ensure that everything we do is imbued with the qualities at the heart of our company.

### **Beauty**

By its very nature, Pilates is a supremely elegant physical practice. We work tirelessly to do justice to that elegance by creating equipment, programming and instructional material that is intuitive, sophisticated and refined.

### **Tradition**

Our roots are in the ethos and discipline created by Joseph Pilates. We seek to honor and preserve that tradition, while also embracing innovations in style and technology that can further promote the practice we love.

### **Mindfulness**

Pilates is a centering, strength-building practice. At Peak Pilates, we reflect those qualities through a conscious approach to both our equipment and practitioners. We seek to build a focused mind-body awareness in both our students and instructors through classical Pilates training. If we succeed in our mission, each person that encounters Peak Pilates should walk away stronger, healthier and more at peace with themselves and with the world we share.



CHAPTER

# 2

## Equipment

PEAK PILATES® SETS THE GOLD STANDARD  
FOR EXCELLENCE IN PILATES APPARATUS.  
THIS CHAPTER DETAILS THE DEPTH  
AND BREADTH OF OUR WORLD-CLASS  
LINES OF PILATES EQUIPMENT.







### Studio Wood Line

Our studio wood line is designed exactly the way Joseph Pilates envisioned it. Each piece is hand-crafted out of solid wood or sustainable bamboo and built exactly to Joseph Pilates' original design and specifications. Constructed with beauty, function and tradition in mind, the equipment allows for the body to naturally flow through the original exercises developed by Joseph Pilates.

Our studio wood line includes the reformer, Cadillac, wunda chair, high/low combo chair and high ladder barrel, as well as additional auxiliary equipment and accessories such as the spine corrector, ped-o-pul and foot corrector. Our classical Artistry® reformer combines state-of-the-art technology with elegant design and unparalleled performance.

We also offer slightly evolved versions of the original apparatus with added functionality and advancements, like our Total Workout System, a reformer/half Cadillac combination, and our Cadillac convertible. Newest to our line of evolved apparatus is the Artistry® tower system.

We also offer options and customizations for every client to allow for optimal comfort and adjustability, making our equipment a perfect fit for all body types.

All of the products in our wood line are constructed with meticulous care in Longmont, Colorado.

### Metal Line

In 2006, we developed an innovative line of metal equipment to support the emerging popularity and growth of Pilates. With the intention of making Pilates accessible, space-efficient and cost-effective for all studios and practitioners, we created an ingenious new line of portable, stackable equipment that was both inspired by the traditional wood designs and maintains to our high standards for quality. We envisioned this versatile line as the perfect solution for small group equipment classes, studios and health clubs, giving even more people the chance to experience the remarkable effects of traditional Pilates.

In developing the metal line, we placed strict focus on keeping dimensions and functionality accurate to maintain the efficacy of the traditional Pilates classical flow.

We offer a variety of options in this line, from our fit™ reformer that stacks both horizontally and vertically, to our patented PPS Deluxe, the only reformer and tower solution on the market that folds up for easy storage and moving. The MVe® chair allows for increased portability as well as easy usage, making it ideal for small group settings. Our sleek metal line makes our Peak Pilates® equipment fit the needs of your space and your clients.

“With the Artistry® reformer, innovation was really about an evolution and refinement of form within the context of a classical Peak Pilates® reformer.”

**JOHN COOK**  
VICE PRESIDENT OF DESIGN



### The Reformer

Likely the most well-known Pilates apparatus, the reformer offers a variety of systematic movements and flow. It accommodates all levels of Pilates enthusiasts with its unique pulley design, gliding carriage and spring tension system that creates instability while simultaneously supporting the body.





### THE ARTISTRY® COLLECTION

With the Artistry® line of equipment, we seized the opportunity to make something classical, beautiful and as inviting to the human eye as it is to the human body. We began with a unique collaboration between a team of Peak Pilates® Master Instructors, top designers and dedicated engineers to create an apparatus that truly focuses on the quality of the work and flow.



#### REFORMER FEATURES:

- Removable three-position headrest for easy cleaning and care
- Four-position contoured footbar with innovative locking mechanism that provides safety for the user without interrupting flow
- Sleek posts without metal brackets create a clear space, clean look and easy strap placement
- Steel carriage equipped with flip mechanism to allow upgrades to tower or twin mat system
- Proprietary spring bar support is rubber dipped and contoured for smooth spring changes and reduced noise
- Interchangeable between four to five springs with simple change of gear bar



### THE ARTISTRY® REFORMER

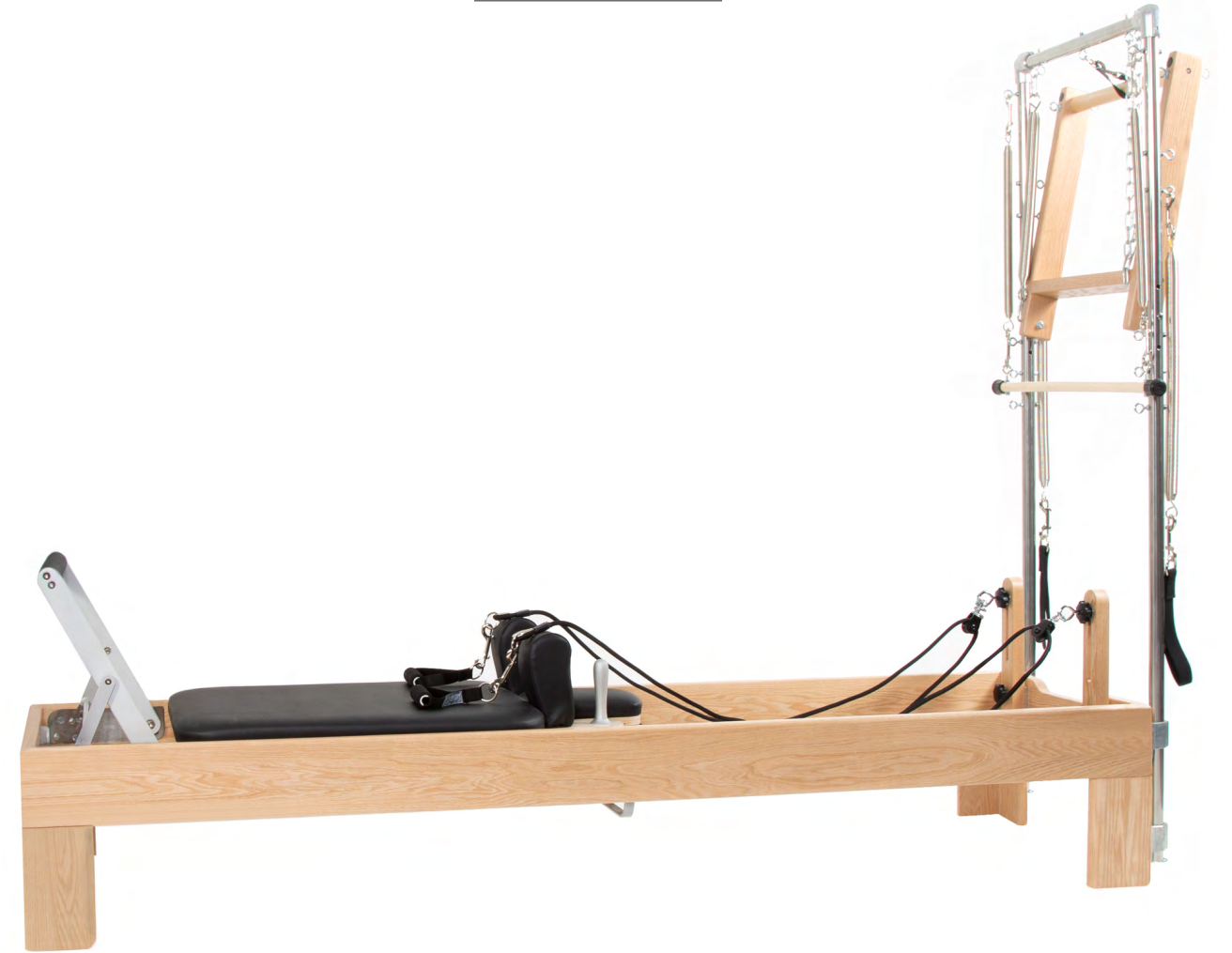
Our most classical reformer comes with vegan straps and handles, as well as our resistance ride kit consisting of four classical wheels, four traditional springs and a four-spring gear bar. The maintenance-free, oil-impregnated bronze bushings cause the wheels to have slightly more drag, providing a classical ride. The four traditional springs, all with uniform tension, are designed for optimum flow and movement. The leather strap length adjustment system can also be configured by the owner to be top or under-mounted, depending on their preference.





### THE ARTISTRY® REFORMER WITH ROPE

This reformer comes with our rope and riser package, as well as our standard reformer five-spring kit, which includes one heavy spring, two medium springs, two light springs and a five-spring gear bar.



### THE ARTISTRY® TWS WITH ROPES

We merged the Cadillac and Reformer to create a user-friendly system that offers incredible versatility and easily shifts to both modes. Handcrafted frame available in solid wood construction (beechwood) with black upholstery and equipped with ropes and risers package.

An evolved version of the Classic reformer, the popular Premier Reformer is as thoughtfully crafted as it is equipped. This reformer includes the four-position gear system with a negative gear, bringing the carriage closer to the footbar for greater hip and knee flexion as well as an increased range of motion. The Premier reformer also features the three-position headrest, five-spring system, standard long/short box and gear block.

- Four inside and four outside sliding adjustments with holes make spring adjustment quick and accurate for every user
- The push-through bar can be easily adjusted to three different heights
- Wood inserts on the tower are made to match the reformer
- Includes a roll down bar
- Complete spring system: two arm springs, two leg springs, one push-through bar spring, and one spring sleeve
- Twin mat system
- Three position head rest that is also removable for easy cleaning and care





### THE ARTISTRY® FWS WITH VEGAN STRAPS

We merged the Cadillac and Reformer to create a user-friendly system that offers incredible versatility and easily shifts to both modes. Handcrafted frame available in solid wood construction (beechwood) with black upholstery and equipped with ropes and risers package.



### THE ARTISTRY® TWS WITH VEGAN STRAPS

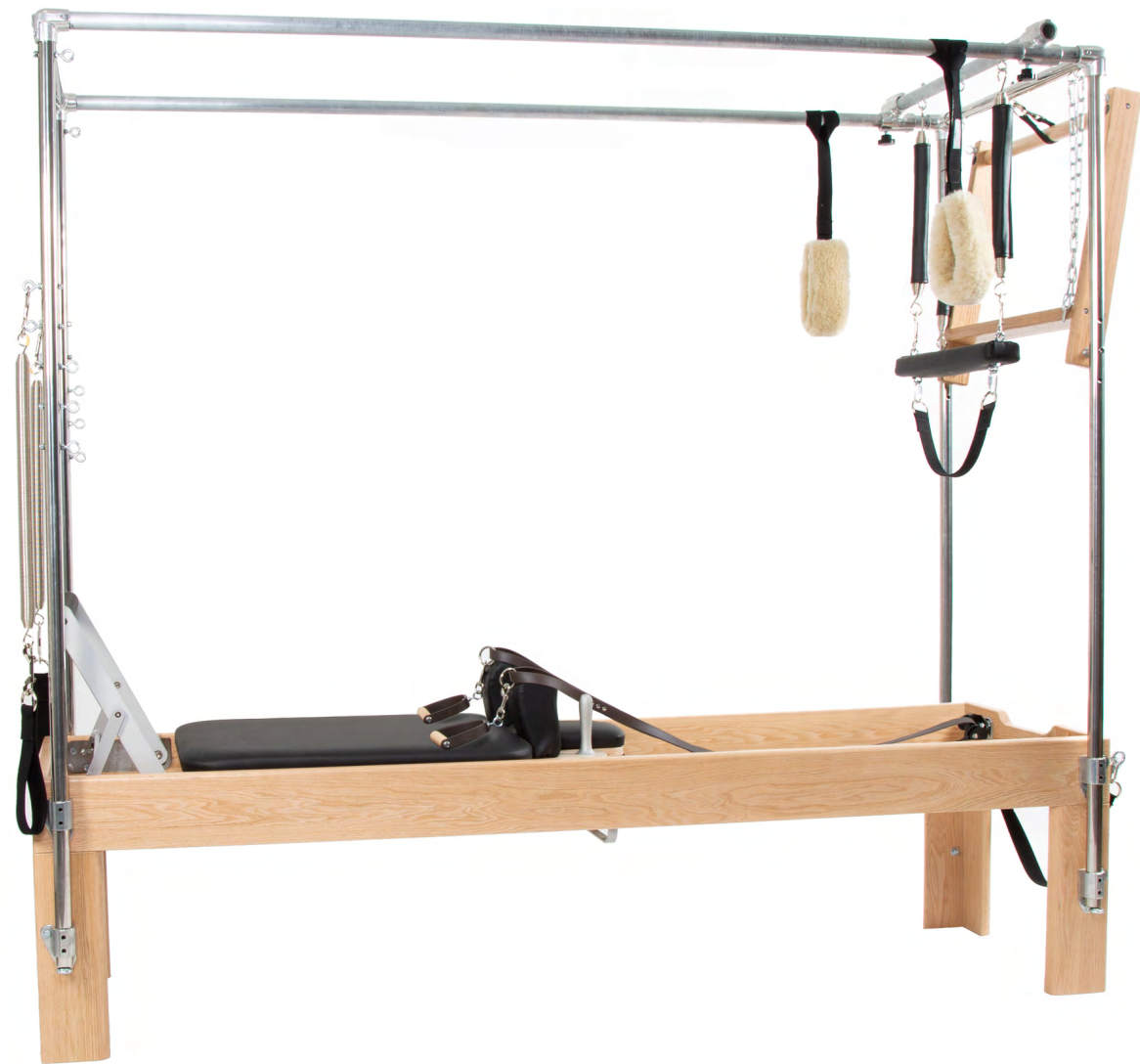
Engineered for maximum versatility and value with its updated frame and components, this reformer/half Cadillac combination Total Workout System (TWS) offers more options with less square footage. Handcrafted solid wood frame construction (beechwood) with black upholstery and equipped with vegan friendly synthetic straps.

The original reformer/half Cadillac combination, our Total Workout System is a legendary performer. Engineered for maximum versatility and value, it gives you more offerings less square footage. It transitions effortlessly into multiple exercise modes with our exclusive quick-conversion, ultra-glide hinged carriage.

#### TWS FEATURES:

- Small wood push-through bar
- Proprietary spring bar support is rubber dipped and contoured for smooth spring changes and reduced noise
- New four-position contoured footbar with innovative locking mechanism that provides safety for the user without interrupting flow
- Fixed carriage stop



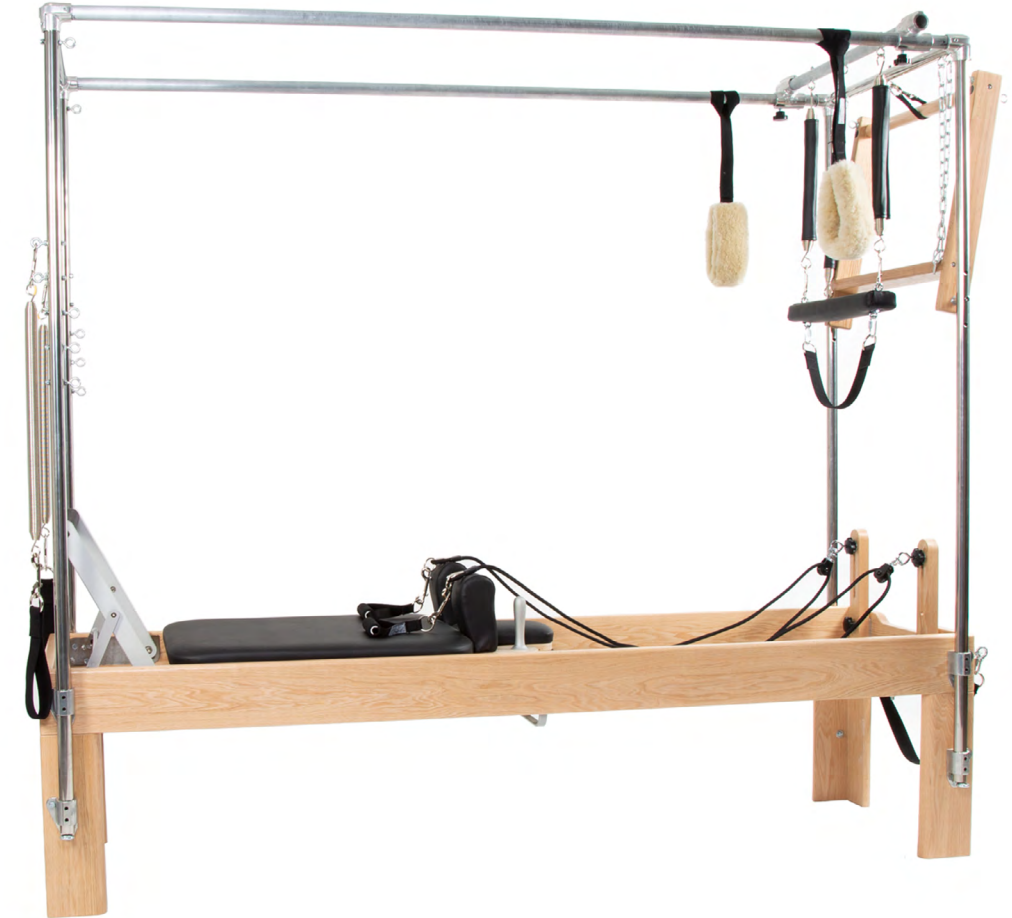


### THE ARTISTRY® CONVERTIBLE WITH VEGAN STRAPS

We merged the Cadillac and Reformer to create a user-friendly system that offers incredible versatility and easily shifts to both modes. Handcrafted solid wood frame construction available in oak or beechwood with black upholstery and equipped with vegan friendly synthetic straps.

#### INCLUDES:

- Stainless steel pole system with galvanized canopy
- Full trapeze system: padded, upholstered trapeze and precision slider
- Large wood push-through bar
- Quick conversion, ultraglide flip carriage
- New four-position contoured footbar with innovative locking mechanism that provides safety for the user without interrupting flow
- Proprietary spring bar support is rubber dipped and contoured for smooth spring changes and reduced noise



### ARTISTRY® CONVERTIBLE WITH ROPES

- Stainless steel pole system with galvanized canopy
- Full trapeze system: padded, upholstered trapeze and precision slider
- Large wood push-through bar
- Quick conversion, ultraglide flip carriage
- New four-position contoured footbar with innovative locking mechanism that provides safety for the user without interrupting flow
- Proprietary spring bar support is rubber dipped and contoured for smooth spring changes and reduced noise





## MVE® REFORMER

Our metal equipment, the Maximum Versatility Exercise line (MVe®) combines the precision-built quality of our classical wood line with the innovative, space-saving solutions designed for studios. Our sleek aluminum reformer has all the features and quality of our wood reformers, plus a stacking or “nesting” capability of up to four units that doesn't require the removal of any parts. Keep the magnificent workout while saving on time and space.

We also offer an additional tower option so that reformer/tower/mat work can all be performed in one unit.

### REFORMER INCLUDES:

- Powder-coated aluminum frame
- Three-position headrest
- Four-position footbar with safety latch
- Four-position gear system
- Five-spring system
- Retractable risers and shoulder blocks
- Integrated side split platform
- Adjustable ropes and double loops (pair)
- Non-slip pad
- Gear block



### TOWER SYSTEM CONVERSION:

- Powder-coated aluminum frame
- Push-through and roll down bars
- One safety chain
- Complete spring system: two arm springs, two leg springs, one push-through bar spring, one spring sleeve
- Twin mat system





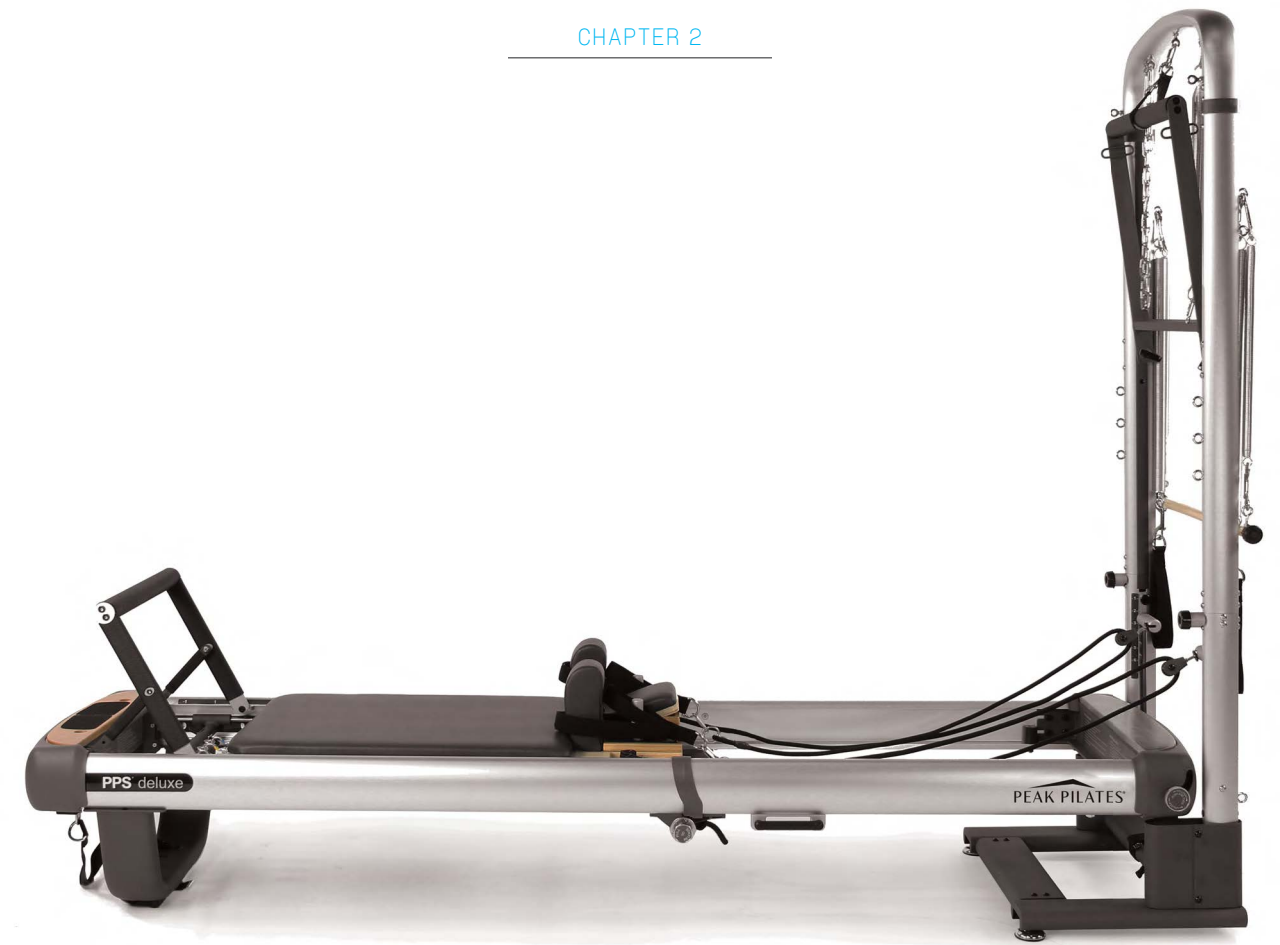


### FIT™ REFORMER

This studio height reformer is the only one in its class that can stack up to four units and stand on end and with no removable parts. Additional features include a locking footbar, a sliding four position gear bar, easy rope adjustment and an integrated side split platform.

#### REFORMER INCLUDES:

- Powder-coated aluminum frame
- Three-position headrest
- Four-position footbar with safety latch
- Four-position gear system
- Five-spring system
- Retractable risers
- Ropes and double loops (pair)
- Standard long/short box
- Gear block



### PEAK PILATESYSTEM® DELUXE

The PPS is the world's first three-in-one combination of the essential Pilates equipment – the reformer, the tower and mat system. An extraordinarily innovative apparatus, the PPS offers outsized functionality, plus the brilliance of a folding and rolling design for easy storage.

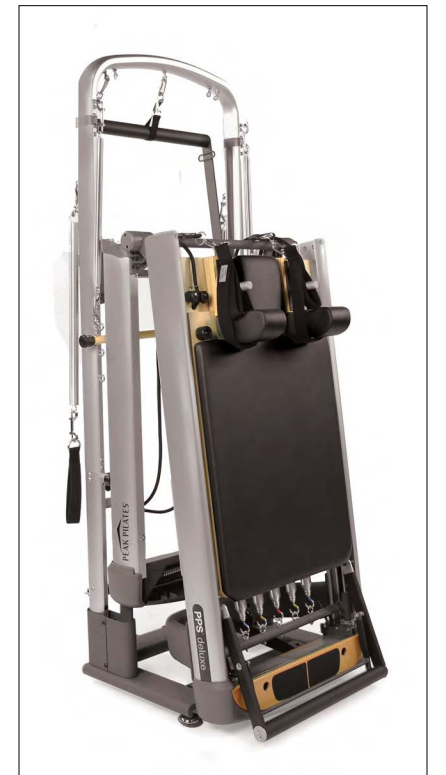
#### REFORMER MODE INCLUDES:

- Anodized aluminum frame
- Hinged carriage for easy mat conversion
- Three-position headrest
- Four-position footbar with safety latch
- Four-position gear system
- Five-spring system

- Safety locking hinge guard
- Integrated side split platform
- Adjustable ropes, scaled risers and double loops (pair)
- Standard long/short box
- Gear block
- Jump board

#### TOWER MODE INCLUDES:

- All reformer features
- Push-through and roll down bars
- One safety chain
- Complete spring system: two arm springs, two leg springs, one push-through bar spring, one spring sleeve
- Twin mat system







### **casa™ REFORMER**

The casa™ Reformer is an affordable, lightweight piece of Pilates equipment that was designed specifically to be used in the home. The casa™, like all Peak Pilates® reformers, is “studio height” and has a number of features used on our studio equipment including a locking footbar, a four position one-hand gear bar, one-touch rope adjusters, including a long/short box for added variations and an integrated side-split platform with the option of adding a jump board. As with all Peak Pilates® equipment, the casa™ Reformer is constructed of the highest quality materials and is engineered for the utmost performance for the home.

#### **REFORMER INCLUDES:**

- Full studio height Peak Pilates reformer designed for home use
- Durable transport wheels
- Lightweight
- Locking footbar
- Powder-coated aluminum frame
- Four position one-hand gear bar
- Three position head rest
- Integrated side-split platform with the option to add a jump board
- Five Spring System: Standard with 1 Red (Heavy) 2 Yellow (Medium) and 2 Blue (Light)
- Easy rope adjustment
- Non-slip grip pads on the integrated standing platform (includes a center indicator)
- Machined running surface wide section wheels for an incredibly smooth experience
- Includes standard long/short box:  
9 1/2" H x 16" W x 27 1/2" L [24cm x 41cm x 70cm]



REFORMERS

	ARTISTRY® REFORMER (WITH VEGAN LEATHER STRAPS OR ROPE)	ARTISTRY® TWS
DIMENSIONS	14.5" H x 26" W x 90" L (36.83 cm x 64.04 cm x 228.6 cm)	75" H x 4" W x 26" L (190.5 cm x 10 cm x 66 cm)
WEIGHT	154 lb (69.85 kg)	92 lb (41.73 kg)
INCLUDED ACCESSORIES	Standard long/short box	Long spine straps Safety strap Foot loops Springs Spring sleeve
POPULAR OPTIONAL ACCESSORIES	Artistry® side split platform Artistry® jump board Artistry® dancer jump board Reformer accessory package <ul style="list-style-type: none"><li>· Two 1" alignment pillows (2.5 cm)</li><li>· One 2" head support pillow (5 cm)</li><li>· One large non-slip pad</li><li>· One short box bar</li></ul>	
POPULAR UPGRADES	Artistry® Tower + Twin mat system	

THERE ARE TWO AVAILABLE STRAP OPTIONS FOR STUDIO WOOD LINE REFORMERS:

- LEATHER STRAP PACKAGE:
- ROPE AND RISER PACKAGE:
- Adjustabe leather straps
  - Leather swivel handes (pair)
  - Spine extension straps (pair)
- Swivel ropes and adjustable risers
  - Neoprene handles (pair)
  - Cotton webbed foot loops (pair)

ARTISTRY® FWS	TOTAL WORKOUT SYSTEM
16" H x 26.5" W x 90" L (41 cm x 67 cm x 229 cm)	72" H (overall) (183 cm) 16" H (mat) x 26.5" W x 93" L (41 cm x 67cm x 236 cm)
170 lb (77 kg)	250 lb (113.4 kg)
Standard long/short box Gear block	Reformer Mode Standard long/short box Gear block Cadillac Mode Twin Mat System
Removable side split platform Jump board Reformer accessory package <ul style="list-style-type: none"><li>· Two 1" (2.5 cm) alignment pillows</li><li>· One 2" (5 cm) head support pillow</li><li>· One large non-slip pad</li><li>· One short box bar (30" L)</li></ul> Carriage block	Jump board – 2 lb (1 kg) Weighted Mat Bar – 30" (76 cm) Heavy leg springs Removable side split platform Carriage block Reformer accessory package <ul style="list-style-type: none"><li>· Two 1" (2.5 cm) alignment pillows</li><li>· One 2" (5 cm) head support pillow</li><li>· One large non-slip pad</li><li>· One short box bar</li></ul>
Solid maple or bamboo frame Increase table height up to 24" Increase table length Up to 94" Classic resistant ride option Double padding on footbar Large long/short box Custom upholstery color Tower Twin mat system	Solid bamboo or maple frame Increase table height up to 24" Increase table length up to 94" Classic resistant ride option Double padding on footbar Aluminum push-through bar Custom upholstery color Add eyelets to poles



REFORMERS

	MVE® REFORMER	MVE® TOWER SYSTEM	FIT™ REFORMER	PEAK PILATESYSTEM® DELUXE (PPS)
DIMENSIONS	Studio Height at: • 15.5" H x 29" W x 103" L (39 cm x 74 cm x 262 cm)	Studio Height at: • 15.5" H (77" H overall) x 29" W x 104" L) (39 cm (196 cm) x 74 cm x 264 cm)	16" H x 25" W x 97" L (41 cm x 64 cm x 246 cm)	15.5" H x 29" W x 100.5" L (40.6 cm x 73.7 cm x 256.5 cm)
WEIGHT	120 lb (54.4 kg)	Reformer - 120 lb (54 kg) Tower - 104 lb (47 kg)	110 lb (50 kg)	530 lb (240.5 kg)
INCLUDED ACCESSORIES		Standard long/short box	Standard long/short box	Standard long/short box Jump Board
POPULAR OPTIONAL ACCESSORIES	Standard long/short box Jump board Reformer accessory package • Two 1" alignment pillows (2.5 cm) • One 2" head support pillow (5 cm) • One large non-slip pad • One short box bar	Artistry® side split platform Artistry® jump board Dance jump board Reformer accessory package • Two 1" alignment pillows (2.5 cm) • One 2" head support pillow (5 cm) • One large non-slip pad • One short box bar	Jump board Reformer accessory package • Two 1" alignment pillows (2.5 cm) • One 2" head support pillow (5 cm) • One large non-slip pad • One short box bar	Artistry® side split platform Artistry® jump board Dance jump board Reformer accessory package • Two 1" alignment pillows (2.5 cm) • One 2" head support pillow (5 cm) • One large non-slip pad • One short box bar
POPULAR UPGRADES	Tower Twin mat system			





### The Cadillac

The Peak Pilates® Cadillac is the standard-bearer of quality and functionality. Whether you are sitting, standing, kneeling, lying or even upside down, the springs, bars, mat and trapeze of the Peak Pilates® Cadillac will provide the most diverse and thoughtful Pilates experience available.

At Peak Pilates®, we are committed to preserving the integrity and genius of Joseph Pilates' original equipment designs while also incorporating today's technological advancements.







## CLASSIC CADILLAC

Peak Pilates® is proud to offer an authentic version of Joseph Pilates' original Cadillac, making it ideal for work in compact spaces and in close proximity with clients.

### CADILLAC INCLUDES:

- Foot support rail system
- Stainless steel pole system with galvanized canopy
- Full trapeze system — padded, upholstered trapeze and precision slider
- Hardwood push-through and roll down bars
- Two safety chains
- Complete strap system: foot/hand loops (pair), sheepskin hanging straps (pair), adjustable wraparound strap, foot strap on the frame, push-through bar storage strap
- Complete spring system: two arm springs, two leg springs, two push-through bar springs, two trapeze springs, three spring sleeves



Available in Oak or Bamboo

## PREMIER CADILLAC

A larger model of the original Cadillac, this version includes a wider frame and mat for enhanced stability while maintaining beautiful lines and unparalleled effectiveness.

### CADILLAC INCLUDES:

- Stainless steel pole system with galvanized canopy
- Full trapeze system — padded, upholstered trapeze and precision slider
- Hardwood push-through and roll down bars
- Two safety chains
- Complete strap system: two foot/hand loops, two sheepskin hanging straps, adjustable wraparound strap, foot strap on the frame, push-through bar storage strap
- Complete spring system: two arm springs, two leg springs, two push-through bar springs, two trapeze springs, three spring sleeves, wrap around strap, foot strap on the frame, push-through bar storage strap





REFORMER MODE:  
Available with leather straps  
and swivel handles or rope  
and riser package

CADILLAC CONVERTIBLE

We merged the Cadillac and reformer to create a user-friendly system that offers incredible versatility and easily shifts to both modes.

CADILLAC MODE INCLUDES:

- Stainless steel pole system with galvanized canopy
- Full trapeze system — padded, upholstered trapeze and precision slider
- Hardwood push-through and roll down bars
- Two safety chains
- Complete strap system: two foot/hand loops, two sheepskin hanging straps, adjustable wraparound strap, foot strap on the frame, push-through bar storage strap

- Complete spring system: two arm springs, two leg springs, two push-through bar springs, two trapeze springs, three spring sleeve
- Twin mat system

REFORMER MODE INCLUDES:

- Quick-conversion flip carriage
- Three-position headrest
- Four-position footbar
- Four-position gear system
- Five-spring system
- Standard long/short box
- Gear block

CADILLACS

	CLASSIC	PREMIER	CADILLAC CONVERTIBLE
DIMENSIONS	84" H (overall) [213 cm] 24" H (mat) x 26.5" W x 84" L [61 cm x 66 cm x 213 cm]	84" H (overall) [213 cm] 26" H (mat) x 30" W x 92" L [66 cm x 76 cm x 234 cm]	81" H (overall) [206 cm] 24" H (mat) x 27" W x 90" L [61 cm x 69 cm x 229 cm]
WEIGHT	384 lb (174 kg)	384 lb (174 kg)	375 lb (170 kg)
INCLUDED ACCESSORIES		Table extender Padded spread eagle footplate	
POPULAR OPTIONAL ACCESSORIES			Padded spread eagle foot plate Removable side split platform Jump board Reformer accessory package <ul style="list-style-type: none"><li>• Two 1" (2.5 cm) alignment pillows</li><li>• One 2" (5 cm) head support pillow</li><li>• One large non-slip pad</li><li>• One 30" (76 cm) short box bar</li></ul> Double loops (pair)
POPULAR UPGRADES	Adjustable leg spring slider bar Add eyelets to Cadillac frame Custom upholstery color Solid maple or bamboo frame	Adjustable leg spring slider bar Solid maple or bamboo frame Decrease Cadillac table height Add eyelets to Cadillac frame Custom upholstery color	Adjustable leg spring slider bar Large long/short box <ul style="list-style-type: none"><li>• 11.5" H x 16" W x 29" L [29 cm x 41 cm x 74 cm]</li></ul> Classic resistant ride option Solid maple or bamboo frame Decrease Cadillac table height Custom upholstery color Add eyelets to Cadillac frame



### The Chair

With simple, elegant and clean design, the chair allows for a myriad of exercises to develop core, arms and leg strength, as well as balance and flexibility. Though one of the smaller pieces of equipment in Pilates, the chair allows for some of the most challenging movements in the entire program.

We honor the classics, keeping our specifications true to those of Joseph Pilates, all while keeping an eye toward innovation and sustainability.





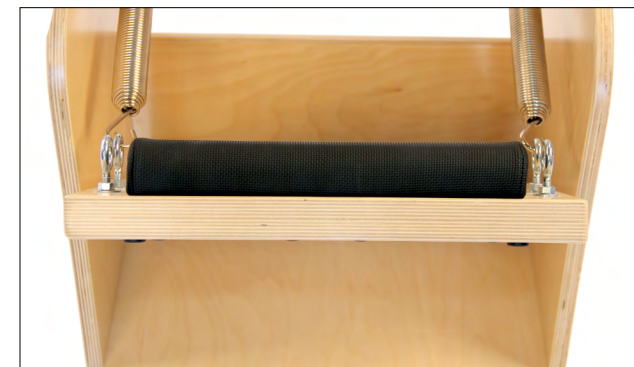


### WUNDA CHAIR

The Wunda chair was originally created as a small apartment sitting chair that, when turned upside down, converted into a workout apparatus with two bed springs. While we no longer use bed springs, the function and purpose of the Wunda chair has stood the test of time. Our Wunda chair – a beautiful piece of furniture in its own right – is an authentic version of the original that easily converts from the working to sitting position.

#### CHAIR INCLUDES:

- Upholstered seat with scalloped back
- Solid wood pedal and comfort grip
- Spring post changing system with two chair springs
- Made with furniture-grade Baltic Birch
- External visible hardware is hidden for a clean, smooth aesthetic



### LOW CHAIR

This model has the same functionality as the traditional Wunda chair, but omits the conversion capability. A model of simplicity, the low chair is ideal for any studio looking to incorporate chair work into their programming repertoire.

#### CHAIR INCLUDES:

- Baltic birch construction
- Upholstered seat
- Solid wood pedal and comfort grip
- Spring post changing system with two chair springs





No chair can customize itself for your use more than this one. Available in eco-friendly natural and amber bamboo.



### THE HIGH/LOW CHAIR

Strong, stable and easy to convert from one mode to another, the high/low chair includes pads for seat height adjustment, boards to align the legs when stepping up onto the seat, a back to keep the knees in line with the toes, and handles to assist a client in the more challenging exercises. The added elements make this a perfect piece for all levels of clients, designed to help users master perfect alignment.

#### CHAIR INCLUDES:

- Single-wall Baltic birch construction
- Upholstered seat
- Solid wood pedal and comfort grip
- Adjustable/removable handles
- Seat height adjuster
- Integrated foot alignment plate
- Removable high back
- Removable seat cushion





### MVE® CHAIR

Our metal line chair is one of the most versatile and easy to use in the industry. The space-saving stacking feature and portability makes it popular among busy Pilates practitioners. The powder-coated aluminum material makes the chair incredibly light and mobile, yet built with the strength and rigidity to support a range of bodies.

#### CHAIR INCLUDES:

- Stacks up to five high
- Easy four setting spring change system
- Wider pedal for increased range of motion



### SPLIT PEDAL

The versatile MVE® Chair (split pedal) brings the Pilates chair workout to mainstream fitness. There is a unique release lever between single and split pedal to provide more exercise options and make transition easy between exercises. The split pedal chair has fourteen spring resistance levels for exercise specificity and refinement. It's sleek, stable, and stackable up to five high for even more space-saving potential. It is ideal for one-on-one training or small group classes.



#### SPLIT PEDAL INCLUDES:

- Unique release lever between single and split pedal for easy transition
- 14 spring resistance levels
- All chairs excluding the Wunda chair can be upgraded to include handles and brackets and/or split pedal options
- Optional handles shown in image above



CHAIRS

	WUNDA CHAIR	HIGH/LOW COMBINATION CHAIR	PREMIER CHAIRS	MVE® CHAIRS
DIMENSIONS	22.5" H x 21.5" W x 28" L (57 cm x 55 cm x 71 cm)	High Chair Mode: 64.5" H (overall) (164 cm) 26" H (to seat) (66 cm) x 19.5" W (49 cm) x 30" L (75 cm)	22" H x 19.5" W x 30" L (56 cm x 50 cm x 76 cm)	23.5" H x 31" W x 37.5" L (60 cm x 79 cm x 94 cm)
WEIGHT	113 lbs (51 kg)	Single pedal - 113 lb (51 kg) Split pedal - 122 lb (55 kg)		Single pedal - 36 lb (16 kg) Split pedal - 39 lb (18 kg) Chair handle kit - 18 lb (8 kg)
INCLUDED ACCESSORIES				
POPULAR OPTIONAL ACCESSORIES	Wunda chair cushions		Handles and brackets Ability to add two additional springs • Heavy or light chair springs upon request	Optional handles available for both models
POPULAR UPGRADES	Maple or bamboo finish Wunda chair cushions Custom upholstery color	Bamboo high/low chair Custom upholstery color	Amber or natural bamboo construction Custom upholstery color	



JOHN COOK  
Vice President of Design

What is your design philosophy?

Always focus on the experience first and look to design the outcome. The details that make it through that filter will always percolate to the top. In the case of our Peak Pilates® equipment, that focus has everything to do with the classical work and designing products that will enhance the already wonderful experience of Pilates

What inspires you?

Our people inspire me every day. I am always inspired to hear about how we touched their journeys and how they progress while using our equipment.

What do people need to know about Peak Pilates equipment?

We work with a passionate group of expert Pilates professionals that inform and inspire our Peak Pilates equipment. We strive to insure that our products reflect that passion through design and craftsmanship.

What does Peak Pilates mean to you?

In the product sense, Peak Pilates is about bringing quality, hand-crafted equipment to the Pilates community. For me personally, Peak Pilates is about enabling the classical work with equipment that is more approachable and inviting to students and instructors alike.



What makes Peak Pilates unique?

There is an incredibly dedicated group of people behind everything we make at Peak Pilates, from education and programs through design and manufacturing. They are all passionate about bringing the best Pilates experience to our users.



### The Barrel

Peak Pilates® offers an extensive line of meticulously hand-crafted and upholstered barrels. Our barrels are ideal for opening the chest and restoring the natural curve of the spine while also strengthening the powerhouse, back and shoulder muscles.

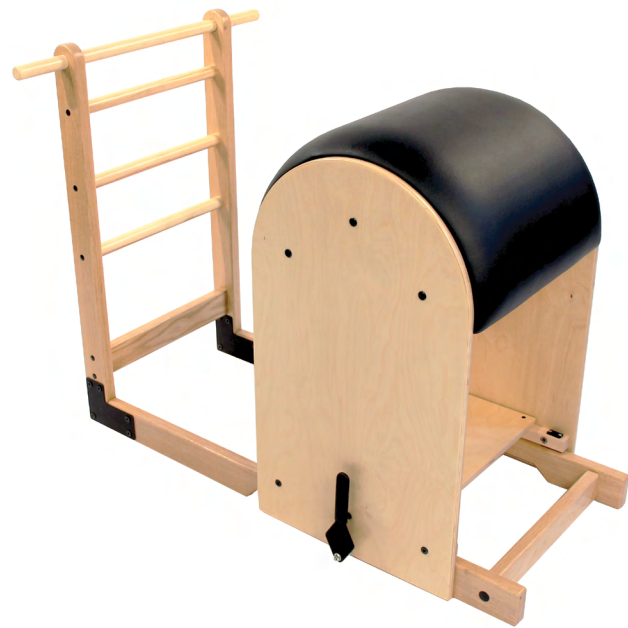
“Peak Pilates® has the most well-constructed equipment on the market. It is important to me that my studio is accessible for all types of instructors—classical and contemporary—as well as for clients with diverse needs. Peak Pilates equipment suits us perfectly.”

**KRISTIN STROM**

**REGIONAL PILATES MANAGER, FITNESS FORMULA CLUBS, CHICAGO, IL**







### HIGH LADDER BARREL

Peak Pilates® offers the only high ladder barrel in the industry that has replaced the cumbersome adjustment of knobs with an easy three-step locking system. Just kick, slide and lock for efficient flow when teaching and completing exercises. Built to withstand the rigors of a tough workout, this barrel integrates the critical dimensions of Joseph Pilates' original design, including accurate ladder rung spacing and barrel contour.

#### BARREL INCLUDES:

- 13-ply Baltic birch barrel with solid oak ladder and rails or sustainable bamboo construction
- Labeled adjustment scale for easy barrel adjustment
- Fully adjustable from 32.5–49" (83–125 cm) in overall length
- Upholstered barrel
- Vertical and flat foot plates available separately



### INSTEP BARREL SYSTEM™ AND SEMI-CIRCLE BARRELS

Comes with 4", 6" and 8" (10, 15 and 20 cm) arches to provide easy adjustability for any body.

#### BARREL INCLUDES:

- Baltic birch or bamboo frame with chrome handles
- Upholstered seat
- Arch barrels can be purchased individually

### CLASSIC SPINE CORRECTOR

Slightly smaller in size and has a 6" (15 cm) arch.

#### SPINE CORRECTOR INCLUDES:

- Baltic birch or bamboo frame with chrome handles
- Upholstered seat



### PREMIER SPINE CORRECTOR

Crafted with slightly larger dimensions and a 8" (20 cm) arch.

#### SPINE CORRECTOR INCLUDES:

- Baltic birch or bamboo frame with chrome handles
- Upholstered seat







BARRELS

	HIGH LADDER BARREL	CLASSIC SPINE CORRECTOR	PREMIER SPINE CORRECTOR	INSTEP BARREL SYSTEM™ AND SEMI-CIRCLE BARRELS
DIMENSIONS	Ladder: 37.75" H x 30" W (includes handles) [96 cm x 76 cm] Upholstered Barrel: 35.5" H x 21.5" W x 19.75" L [90 cm x 56 cm x 50 cm]	11.5" H x 18.5" W x 28" L [29 cm x 47 cm x 71cm] 6" [15 cm] arch	12.5" H x 18.5" W x 27" L [31 cm x 47cm x 69 cm] 8" [20 cm] arch	Frame: 9" H x 19" W x 29.5" L [23 cm x 48 cm x 74 cm] Barrels: 4", 6" or 8" H x 17" W x 18.5" L [10 cm, 15 cm, 20 cm x 43 cm x 47 cm] Upholstered step/seat 4" [10 cm] Semi-circle barrel with dual handles 6" [15 cm] Semi-circle barrel with dual handles 8" [20 cm] Semi-circle barrel with dual handles
WEIGHT	87 lb [39.5 kg]	30 lb [13.5 kg]	30 lb [13.5 kg]	87 lb [39.5 kg]
ACCESSORIES	Vertical foot plate Flat foot plate			
POPULAR UPGRADES	Maple or bamboo ladder barrel Extended rail length Custom upholstery color	Maple or bamboo classic spine corrector	Maple or bamboo premier spine corrector	Maple or bamboo instep barrel system and semi-circle barrels



**Small Equipment & Accessories**

Peak Pilates® offers the most comprehensive variety of pads, pillows, props and fuzzies — all designed to help you do your job better and make your clients more comfortable.

“We have been working with Peak Pilates® for five years and we are glad to be a part of the Peak Pilates family. We have experienced the excellent quality of the equipment and Peak’s highly-developed education program, which helped us to start-up our own successful Pilates Studio.”

**MARCO AND SUSAN COLIJN**  
PILATES ERLANGEN, ERLANGEN, GERMANY







### THE PED-O-PUL

A great tool for helping develop core strength, balance and general body awareness, the free standing ped-o-pul is intentionally unstable to help with breath, spinal elongation and much more.

#### PED-O-PUL INCLUDES:

- Square, single wall Baltic birch base
- Powder coated T-bar
- Two arm springs
- Leather swivel handles (pair)



### WALL SYSTEM

Our wall system with deluxe upgrades gives you a cost-effective way to perform a full range of Pilates Cadillac exercises in areas with limited space. It is also great for beginners and provides a greater challenge to simple floor exercises.

#### WALL SYSTEM INCLUDES:

- Stainless steel pole system with galvanized canopy
- Hardwood push-through and roll down bars
- Foot/hand loops (pair)
- Complete spring system: two arm springs, two leg springs, two push-through springs, one spring sleeve
- Two safety chains



### PILATESSTICK®

The Pilatesstick® is a professional-grade portable body sculpting system that allows you to do much of the work usually reserved for the tower. It makes traditional mat Pilates exercises even more intense and is ideal for studio or home use.

#### PILATESSTICK INCLUDES:

- Pilatesstick
- Pilatesstick mat
- Exercise Guide
- Online exercise library
- Foot straps
- Pilatesstick bag
- Foam door anchor
- Sleeved resistance tubing



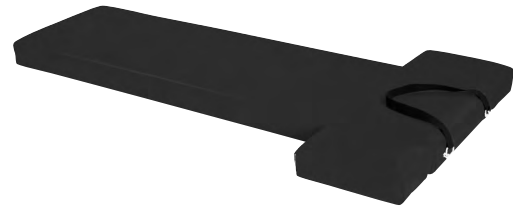
SMALL EQUIPMENT

	PED-O-PUL	WALL SYSTEM	PILATESSTICK
DIMENSIONS	81" H x 17.5" W (206 cm x 45 cm) Base: 1.75" H x 18.75" W x 18.75" L (4 cm x 47 cm x 47 cm)	82" H x 25" (34" W with mounting plate) 208 cm x 64 cm (86 cm W with mounting plate)	28" x 6" x 5" (73 cm x 14 cm x 13 cm)
WEIGHT	60 lb (27 kg)	194 lb (88 kg)	4 lb (1.8 kg)
ACCESSORIES		Optional handles available for both models	Pilatesstick mat Exercise Guide Online exercise library Foot straps Pilatesstick bag Foam door anchor Sleeved resistance tubing
POPULAR UPGRADES	Maple or bamboo ped-o-pul	Doweled handles for raised platform on deluxe model Solid maple frame Add eyelets to poles Custom upholstery color	Doweled handles for raised platform on deluxe model Solid maple frame Add eyelets to poles Custom upholstery color





## MATS AND BOXES



## RAISED PLATFORM MAT

## DIMENSIONS

5" H x 24" W x 84" L [13 cm x 61 cm x 213 cm]  
Mat boxes and doweled handle sold separately



## FLAT PLATFORM MAT WITH FOOT STRAP

## DIMENSIONS

1.5" H x 24" W x 84" L [3 cm x 61 cm x 213 cm]  
Custom upholstery color available



## LONG/SHORT BOXES

## DIMENSIONS

Standard: 9.5" H x 16" W x 27.5" L  
[24 cm x 41 cm x 70 cm]  
Large: 11.5" H x 16" W x 29"  
[29 cm x 41 cm x 74 cm]



## RAISED MAT BOXES (PAIR)

## DIMENSIONS

5" H x 9" W x 16" L [13 cm x 23 cm x 41 cm]  
Custom upholstery color available



## FOLDING PLATFORM MAT WITH FOOT STRAP

## DIMENSIONS

Open: 1.5" H x 24" W x 84" L [3 cm x 61 cm x 213 cm]  
Folded: 3" H x 24" W x 42" L [8 cm x 61 cm x 107 cm]  
Custom upholstery color available  
Standard with corner protectors for black, fudge or slate upholstery



## HANGING MATS

## DIMENSIONS

0.6" H x 23" W x 72" L [2 cm x 58 cm x 183 cm]

## ACCESSORIES



Leather Swivel Handles



Neoprene Handles



Sheepskin Foot Loops



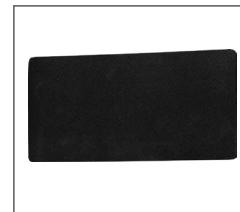
Sheepskin Leather Strap Covers



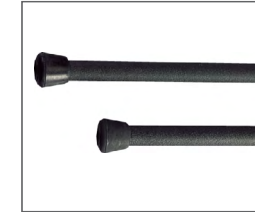
Sheepskin Short Box Strap Cover



Sheepskin Hanging Straps

Long Spine Extension Straps  
Cotton Web Foot LoopsHead Support Pillows  
7" x 9" with a 1" or 2" HAlignment Pillows  
5" x 5" with a 1" or 2" HCervical Neck Pillows  
3" and 4.5"Lift Supports  
9" W x 16" L with 1.5", 3",  
4.5" or 6" HLong Box Head Support Pillow  
9.5" H x 8.5" W x 10.5" LNon-Slip Pads  
Large 0.5" x 7" x 14"  
Small 0.5" x 4" x 4"

Hardware

Weighted Poles  
30", 2 lb  
21", 2.5 lb  
30", 4 lbGondola Bar  
60" L, 21 lb  
Short Box Bar  
30" L, 1 lbEva Foam Roller  
Black Density Foam Roller  
3" LHand Weights  
Set of two 2 lb, 3 lb, 4 lb

Inflatable Sponge Ball



Power Circle and Fitness Ring





SPRINGS

WOOD EQUIPMENT SPRINGS [Suggested number by apparatus]

Description	Heavy Spring: Red	Med. Spring: Yellow	Light Spring: Blue	Std./Med. Leg Spring	Arm/Roll Down Spring	Std./Med. Push–Through Spring	Std./Med. Chair/ Trapeze Spring	Resistance Ride Springs
Cadillac Convertible	1	2	2	2	2	2	2	
High/Low Combination Chair							2	
Low Chair							2	
SportsMed™ Reformer	1	2	2					
SportsMed™ Total Workout System (TWS)	1	2	2	2	2	2		
Ped–0–Pul					2			
Classic Cadillac				2	2	2	2	
Premier Cadillac				2	2	2	2	
Artistry® Reformer								4
Artistry® TWS	1	2	2					
Artistry® FWS	1	2	2	2	2	2		

METAL EQUIPMENT SPRINGS [Suggested number by apparatus]

Description	Chair Spring	Light Spring: Blue	Medium Spring: Yellow	Heavy Spring: Red	Leg Spring	Arm Spring	Push–Through Spring
MVe® Fitness Chair	2						
MVe® Fitness Chair with Split–Pedal	2						
MVe® Reformer		2	2	1			
MVe® Tower					2	2	1
PPS Deluxe Reformer		2	2	1	2	2	1
fit® Reformer		2	2	1			

RESISTANCE RIDE KIT (SPRINGS AND WHEELS)



STANDARD REFORMER FIVE-SPRING KIT





### Options & Customizations

The only thing better than purchasing unique Pilates equipment is making it uniquely yours. Choose from more than 64 colors of upholstery, oak, maple or bamboo hardwoods, and scores of accessories.

Whatever your choice, you can be confident that it is crafted for superior durability and appearance. Not sure which options or accessories will deliver the solution you desire? Call 1.800.847.7746 or 1.310.823.7008 and ask a Peak Pilates® professional to assist you.

Peak Pilates® offers the most extensive collection of pads, pillows, props and fuzzies – all designed to help you and your clients achieve the most from their practice.





## POPULAR REFORMER ACCESSORIES



## ARM EXTENDER

This arm extender fits securely over the shoulder blocks to allow more range for tight shoulders. It can also be used to shorten the distance between the shoulder blocks and the footbar for standing or kneeling exercises.



## REFORMER ACCESSORY PACKAGE

Our most popular pads, pillows and bars for the reformers and combination systems all in one specially priced package:

- Short box bar 30" (76 cm)
- Two small alignment pillows 5" x 5" x 1" (13 cm x 13 cm x 2.5 cm)
- One large head support pillow 7" x 9" x 2" (18 cm x 23 cm x 5 cm)
- One large non-slip pad .5" x 7" x 14" (1 cm x 18 cm x 36 cm)



## QUARTER BARREL

Used in conjunction with the short box, the quarter barrel adds security and support for all exercises in which you roll back. (Standard version compatible with traditional sized long/short box, available through custom order for boxes of different height.)



## Artistry® JUMP BOARD (standard)

An excellent addition to your Pilates practice, the padded jump board adds plyometrics, sports performance training and cardio elements. This piece is only compatible only with the Artistry® reformer line.



## ARTISTRY® DANCER JUMP BOARD

An excellent addition to your Pilates practice, the padded jump board adds plyometrics, sports performance training and cardio elements with a wider stance for increased range of motion. Just as the name suggests, this is ideal for dancers or those who prefer or need to work in more external rotation. Compatible only with the Artistry® reformer line.



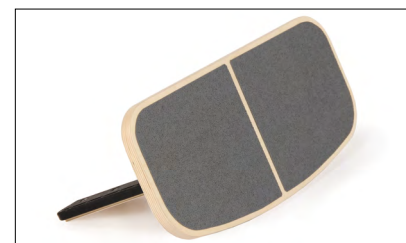
## CARRIAGE BLOCK

Used to restrict or shorten the carriage travel, as with semi circle or jump board exercises.



## SIDE SPLIT PLATFORM

Used for a variety of reformer exercises, the side split platform allows for precise alignment, and a wider footprint, thus increasing stability. It is removable and can be easily stored under the reformer or with other reformer props.



## ARTISTRY® SIDE SPLIT PLATFORM

Used for a variety of reformer exercises, the side split platform allows for precise alignment, and a wider footprint, thus increasing stability. It's removable and easily stored under the reformer or stored with other reformer props. This piece is only compatible only with the Artistry® reformer line.





HARDWOOD OPTIONS

Peak Pilates® is the only major manufacturer to offer premium solid oak standard on all reformer frames, plus bamboo or hardrock maple upgrade at an affordable price. Every Peak Pilates frame receives up to three sandings and three coats of environmentally-friendly, water-based lacquer. We utilize mortise and tenon frame joinery, far superior to dowel pins or metal fasteners, resulting in equipment that is crafted like fine furniture and designed to last a lifetime.

Bamboo is classified as a rapidly renewable material and is considered to be one of the greenest materials today. All Peak Pilates wood equipment is available in amber and natural bamboo. Using waterborne lacquers and powder-coated finishes in our manufacturing reduces VOC emissions. We use select bamboo, harvested and engineered to provide a strong, durable and stable product.



Maple



Solid Oak



Natural  
Bamboo



Amber  
Bamboo

UPHOLSTERY OPTIONS

We utilize premium Boltaflex® vinyl upholstery for superior abrasion resistance and easy cleaning. Choose from seven colors free of charge or call 1.800.847.7746 or 1.310.823.7008 to order from a palette of 64 custom colors.



Leather



Rope



Slate



Vizcaya  
Palm



Candy  
Apple



Bucksuede



Bluejay

STRAPS AND ROPE OPTIONS



Leather



Rope



“Peak Pilates® has guided us in achieving our personal and professional goals, which has resulted in an amazing Pilates program. I chose Peak Pilates, and it has been a rewarding journey for all; instructors and clients alike!”

**WENDY CRILLY**

**LIFETIME HEALTH AND FITNESS, CASPER, WY**



### Carriage Construction

Our carriages are constructed from 13-ply Baltic birch with hardwood veneers throughout, creating a dimensionally stable platform to produce enhanced performance and even better ride quality. Sculpted, contoured shoulder pads conform to the shoulders, ensuring comfort, and full support for both reclining and standing positions. The quick-conversion hinged carriage with no detachable parts allows for easy transition between modes.

Our durable, nickel-plated springs with tapered ends are made of the highest quality music wire, and the classical design of our four-position, anodized aluminum footbar allows you to transition easily between exercises.

We are so certain of the durability of our equipment that we are pleased to offer a lifetime warranty on all wood equipment. Please see our warranty for details for exceptions.

Please contact us at 1.800.847.7746 or 1.310.823.7008, or email [info@peakpilates.com](mailto:info@peakpilates.com).

### Exclusive Ultra-Glide Tracking System

Delivering the industry's smoothest, quietest and best-aligned ride, our eight-wheel carriages have two bearings per wheel for reliable load handling capability. All bearings are sealed so that no lubrication is required for the life of the wheel. No side wheel adjustment is needed.

The positioning of the horizontal tracking wheels are individually adjusted to match the carriage to its respective frame, eliminating any free play. Anodized aluminum tracks are used to increase durability and inhibit the build-up of unsightly aluminum oxide residue. Five carriage stop positions are located at the end head of the frame to limit carriage travel.

### Classic Resistance Ride Kit

Create a custom, classical feel with our resistance ride upgrade. The wheels create the resistance that requires the user to push and pull through the exercise, and maintenance-free bushings mean a wheel with no grease and no mess that provides a superior ride and feel.

The kit also features four traditional springs designed for a smooth feel to experience optimum flow and movement with no limitation. The unique spring curve allows for full exercise completion.

This kit also includes four wheels and four springs. Springs and wheels can be sold separately. Both items can be retrofitted to your existing studio wood line Peak Pilates® equipment.



## CHAPTER

# 3

## Education

IN THIS CHAPTER, WE WILL SHARE OUR EDUCATION PHILOSOPHY AND OFFERINGS. WE WILL ALSO INTRODUCE YOU TO SOME EXTRAORDINARY MEMBERS OF OUR TEAM.





Our philosophy is focused on holistic development and conditioning of the body, mind and spirit through movement.

## EDUCATION

### The Best Pilates Education Worldwide

We strive to deliver the very best Pilates instructor education program in the world. Our comprehensive instructor certification is rooted in classical Pilates, unfolding the dynamic rhythms and flow through intelligent teaching.

Our philosophy focuses on holistic development and conditioning of the body, mind and spirit through movement. A systematic, sequential order guided by this philosophy creates a mindful, effective and well-balanced approach to the body. We believe that transitioning fluidly from exercise to exercise creates graceful, efficient and beautiful movement.

The Peak Pilates® Certification programs offer a myriad of programming options for both group sessions and private instruction. Our instructors offer classes on the mat, reformer or tower, and utilize Peak Pilates' proprietary session format to combine all three for an integrated and systematic total-body workout.

## INSTRUCTORS

### Instructors with Integrity, Intuition and Inspiration

We're passionate about Pilates and firmly believe in its transformational power and ability to positively impact the lives of every practitioner. We are enthusiastic about helping instructors who are inspired by the same mission and dedicated to learning classical Pilates. Whether you are seeking a classical, comprehensive instructor education or want to deliver dynamic, effective Pilates group classes, Peak Pilates will prepare you to become an exemplary instructor. We will equip you with the skills and knowledge necessary to profoundly change the lives of your students. Our programs emphasize:

- Classical body positioning, exercise technique and alignment tools
- Teaching with authority and confidence, but without losing the human touch that is so important to our program
- The Pilates Principles of centering, concentration, control, precision, breathing and flowing movement
- Proper progression strategy for a variety of body types
- The systematic and integrated order of exercises designed for optimal student progression
- Accurate assessments of students' strengths, needs, abilities and preferred learning style
- Teaching a body in motion through verbal and tactile cues

- Using an economy of words for the most effective instruction
- Providing practical solutions to assist each student's progression by giving them the tools they need to not only succeed, but to excel on their own path

At Peak Pilates®, instructors learn how to teach and motivate effectively — not just to recite exercises. All of our courses provide personalized coaching and support that accelerate teaching skills. Our manuals and DVDs were created to be thorough resources that will grow with instructors throughout the years.

After many years of feedback from instructors, we have created the most innovative, all-inclusive programs

## Instructors learn how to teach — not just recite exercises

available. From classical Pilates to group programming, we offer multiple options to fit your needs, giving you the power to inspire more people and help them benefit from as well as celebrate the greater strength, flexibility and overall vitality that only Pilates can provide. Our equipment and education packages are designed to allow you to start small and grow your program as it increases in popularity, keeping it fresh, fun and dynamic.

Only Peak Pilates offers ongoing implementation and programming support every step of the way, from initial consultation and business planning to post-training follow-up and marketing support.

We want to awaken a passion. We strive to bring you professional fulfillment and personal achievement because — to us — it is about so much more than getting a certificate. It is about shaping people whose strength, balance and well-being start at their core.

With Peak Pilates education, we empower instructors to achieve the highest standards of fitness and become thoughtful, confident and responsible leaders in the Pilates community. We encourage instructors to develop their own style, blending their unique talents, skills and creativity with time-tested knowledge of the flow, precision and technique that make our program so effective.

Peak Pilates is rhythmic, fluid and focused, connecting one movement to the next to build greater strength, flexibility and endurance. Teaching with an integrated, sequenced approach is not only traditional, but also well-balanced and effective.

All certification programs are offered through a modular educational pathway, allowing instructors to progress at their own pace.



We want to awaken a passion. We strive to make teacher training with Peak Pilates® a source of professional fulfillment and personal achievement.



PEAK PILATES® MAT CERTIFICATIONS

The Peak Pilates® Mat Certification Program provides a solid foundation in classical Pilates mat work and prepares you to safely and successfully instruct both individual sessions and group Pilates mat classes. The classical Mat Certification is a progressive and systematic three-part series that allows you to complete each level of the program at your own pace. The levels are designed to be completed in order – basic, intermediate, then advanced.

MAT PROGRAM AT A GLANCE

	BASIC MAT	INTERMEDIATE MAT	ADVANCED MAT
PRE-REQUISITES	<ul style="list-style-type: none"><li>• None</li><li>• 15 hours of Classical mat classes are highly recommended</li></ul>	Successful completion of the Peak Pilates® Basic Mat course	Successful completion of the Peak Pilates Intermediate Mat course
CERTIFICATE AWARDED	<ul style="list-style-type: none"><li>• Certificate of attendance issued on day of completion</li><li>• A Basic Mat Certification will be awarded upon a passing score on all assessments and submission of 30 logged hours</li></ul>	<ul style="list-style-type: none"><li>• Certificate of attendance issued on day of completion</li><li>• Intermediate Mat Certification will be awarded upon a passing score on all assessments and submission of 30 logged hours</li></ul>	<ul style="list-style-type: none"><li>• Certificate of attendance issued on day of completion</li><li>• An Advanced Mat Certification will be awarded upon a passing score on all assessments and submission of 30 logged hours</li></ul>
MATERIALS REQUIRED	<ul style="list-style-type: none"><li>• Basic Mat manual</li><li>• Basic/Intermediate Mat DVD</li><li>• Dynamic Basic Mat workout DVD</li></ul> <div>-----</div> <div>Recommended</div> <ul style="list-style-type: none"><li>• The Pilates Primer: Joseph H. Pilates and William J. Miller (Available at Amazon.com)</li></ul>	<ul style="list-style-type: none"><li>• Intermediate Mat manual pages</li><li>• Basic/Intermediate Mat DVD</li></ul> <div>-----</div> <div>Recommended</div> <ul style="list-style-type: none"><li>• Anatomy of Movement (Available at Amazon.com)</li></ul>	<ul style="list-style-type: none"><li>• Advanced Mat manual pages</li><li>• Advanced Mat DVD</li></ul>
CERTIFICATION REQUIREMENTS	<ul style="list-style-type: none"><li>• 100% attendance and participation</li><li>• Passing score on all assessments</li><li>• Submission of all logged hours</li></ul>	<ul style="list-style-type: none"><li>• 100% attendance and participation</li><li>• Passing score on all assessments</li><li>• Submission of logged hours</li></ul>	<ul style="list-style-type: none"><li>• 100% attendance and participation</li><li>• Passing score on all assessments</li><li>• Submission of logged hours</li></ul>
COURSE LENGTH	2 days (Assessment at the end of the second day)	2 days (Assessment on the second day)	2 days (Assessment on the second day)
TOTAL HOURS			
COURSE CONTACT HOURS	18 hours	18 hours	18 hours
OBSERVATION	10 hours	10 hours	0 hours
PERSONAL PRACTICE	10 hours	10 hours	15 hours
TEACHING	10 hours	10 hours	15 hours
TOTAL CUMULATIVE HOURS	48 hours	48 hours	48 hours
CONTINUING EDUCATION REQUIREMENTS	14 CECs required every 2 years with a maximum of 8 CECs from non-Peak Pilates courses	14 CECs required every 2 years with a maximum of 8 CECs from non-Peak Pilates courses courses.	14 CECs required every 2 years with a maximum of 8 CECs from non-Peak Pilates courses





## The Peak Pilates® Comprehensive Certification prepares you to instruct a wide variety of individual sessions and group classes!

### COMPREHENSIVE CERTIFICATION

The Peak Pilates® Comprehensive Certification is a classical Pilates education program distinguished by an emphasis on Pilates as an integrated movement system, just as Joseph Pilates intended. Our three-level modular pathway to the Peak Pilates Comprehensive Certification allows you to progress at your own pace. An extensive network of Peak Pilates Master Instructors ensures support and opportunities for mentorships that empower students to become effective instructors and genuinely feel part of the Pilates community.

The Peak Pilates Comprehensive Certification prepares you to instruct a range of individual students and group classes, as well as teaches you how to modify exercises for special populations. The 500-hour certification includes instruction in classical mat work and exercises performed on traditional Pilates apparatus, including the reformer, Cadillac, chairs, barrels, and small accessories. We exclusively use Peak Pilates equipment, which preserves the integrity of the original apparatus designed by Joseph Pilates.

Each level is comprised of specific modules (see overview table) that are generally scheduled over a weekend from Friday evening through Sunday. Students may earn a certification at each level by attending all modules, successfully completing assessments and submitting logged hours.



LEVEL I 200 HOURS: 80 course contact hours | 120 logged hours

LEVEL I MODULES	KEY TOPICS	MATERIALS	COURSE REQUIREMENTS
<b>MODULE 1</b> 2 ½ days 20 hours	<ul style="list-style-type: none"><li>• Pilates history</li><li>• Five-Part Formula for Success</li><li>• Pilates fundamentals</li><li>• Key concepts</li><li>• Introductory mat exercises</li><li>• Mat cueing, transitions and progressions</li><li>• Group mat class logistics</li><li>• Cueing the Powerhouse</li></ul>	<ul style="list-style-type: none"><li>• Level I DVD</li><li>• Level I/Module 1 Manual:<ol style="list-style-type: none"><li>1. Introduction</li><li>2. Teaching Pilates</li><li>3. Progression</li><li>4. Anatomy</li><li>5. Mat</li></ol></li><li>• Course prep packet</li></ul>	<p><b>Before the module:</b></p> <ul style="list-style-type: none"><li>• Possess basic knowledge of anatomy and kinesiology</li><li>• Complete 20 hours of training on apparatus and Classical mat</li><li>• Complete DVD and reading assignments</li></ul> <p><b>During the module:</b></p> <ul style="list-style-type: none"><li>• Attend and participate fully in all sessions</li></ul> <p><b>After the module:</b></p> <ul style="list-style-type: none"><li>• Practice, observe and teach to fulfill logged hours</li><li>• Attend next module 4–6 weeks later</li></ul>
<b>MODULE 2</b> 2 ½ days 20 hours	<ul style="list-style-type: none"><li>• Introductory reformer</li><li>• Reformer cuing, transitions, touch techniques and spotting</li><li>• Introductory Cadillac, wall and Power Circle</li><li>• Alignment and touch techniques</li><li>• Introductory small barrel and ladder barrel</li></ul>	<ul style="list-style-type: none"><li>• Level I/Module 2 Manual:<ol style="list-style-type: none"><li>1. Reformer</li><li>2. Cadillac/Tower</li><li>3. Chair</li><li>4. Barrel</li><li>5. Endings</li></ol></li><li>• Course prep packet</li></ul>	<p><b>Before the module:</b></p> <ul style="list-style-type: none"><li>• Complete Level I/Module 1</li><li>• Complete DVD and reading assignments</li></ul> <p><b>During the module:</b></p> <ul style="list-style-type: none"><li>• Attend and participate fully in all sessions</li></ul> <p><b>After the module:</b></p> <ul style="list-style-type: none"><li>• Practice, observe and teach to fulfill logged hours</li><li>• Attend next module 4–6 weeks later</li></ul>
<b>MODULE 3</b> 2 ½ days 20 hours	<p><b>Developing the teacher's eye:</b></p> <ul style="list-style-type: none"><li>• Reformer add-ins</li><li>• Alignment in different body positions and common errors</li><li>• Reformer technique, transitions and rhythms</li><li>• More ladder barrel exercises</li><li>• Session format Part C workshop</li><li>• Practice teaching full session</li></ul>	<ul style="list-style-type: none"><li>• Course prep packet</li></ul>	<p><b>Before the module:</b></p> <ul style="list-style-type: none"><li>• Complete Level I/Module 2</li><li>• Complete DVD and reading assignments</li></ul> <p><b>During the module:</b></p> <ul style="list-style-type: none"><li>• Attend and participate fully in all sessions</li></ul> <p><b>After the module:</b></p> <ul style="list-style-type: none"><li>• Practice, observe and teach to fulfill logged hours</li><li>• Prepare for assessments in Module 4</li><li>• Attend next module 4–6 weeks later</li></ul>
<b>MODULE 4</b> 2 ½ days 20 hours	<ul style="list-style-type: none"><li>• Practice teaching</li><li>• Technique and teaching feedback</li><li>• Theoretical review</li><li>• Assessments on final day<ul style="list-style-type: none"><li>• Theoretical exam (written)</li><li>• Technique assessment</li><li>• Teaching assessment</li></ul></li><li>• Introductory high/low chair exercise</li></ul>	<ul style="list-style-type: none"><li>• Course prep packet</li></ul>	<p><b>Before the module:</b></p> <ul style="list-style-type: none"><li>• Complete Level I/Module 3</li><li>• Complete DVD and reading assignments</li><li>• Complete 120 logged hours for Level I</li></ul> <p><b>During the module:</b></p> <ul style="list-style-type: none"><li>• Attend and participate fully in all sessions</li></ul> <p><b>Certification:</b></p> <ul style="list-style-type: none"><li>• A Peak Pilates Level I Certification will be awarded upon completion of logged hours and achievement of passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years or advancing to the next level.</li></ul>

LEVEL II 200 HOURS: 100 prerequisite hours | 40 course contact hours | 60 logged hours

LEVEL II MODULES	KEY TOPICS	MATERIALS	COURSE REQUIREMENTS
<b>MODULE 1</b> 2 ½ days 20 hours	<ul style="list-style-type: none"><li>• Mat techniques and Level II exercises</li><li>• Mat transitions</li><li>• Reformer technique and transitions</li><li>• Reading bodies</li><li>• Cadillac exercises</li><li>• Teaching skills<ul style="list-style-type: none"><li>• Touch</li><li>• Progression</li><li>• Group reformer teaching</li></ul></li><li>• Standing arm weight series exercises</li></ul>	<ul style="list-style-type: none"><li>• Level II DVD</li><li>• Level II/Module 1 Manual:<ol style="list-style-type: none"><li>1. Teaching Pilates</li><li>2. Progression</li><li>3. Anatomy</li><li>4. Mat</li><li>5. Reformer</li><li>6. Cadillac/Tower</li></ol></li><li>• Course prep packet</li></ul>	<p><b>Before the module:</b></p> <ul style="list-style-type: none"><li>• Achieve Level I certification</li><li>• 100 prerequisite hours:<ul style="list-style-type: none"><li>40 hours personal practice/20 hours observation/40 hours teaching</li></ul></li><li>• Complete DVD and reading assignments</li></ul> <p><b>During the module:</b></p> <ul style="list-style-type: none"><li>• Attend and participate fully in all sessions</li></ul> <p><b>After the module:</b></p> <ul style="list-style-type: none"><li>• Practice, observe and teach to fulfill logged hours</li><li>• Attend next module 6–8 weeks later</li></ul>
<b>MODULE 2</b> 2 ½ days 20 hours	<ul style="list-style-type: none"><li>• Upper body anatomy</li><li>• Practice teaching and coaching</li><li>• Exercise technique assessment<ul style="list-style-type: none"><li>• Mat</li><li>• Reformer</li><li>• Cadillac</li><li>• Endings</li></ul></li><li>• Group reformer assessment</li><li>• Full session teaching assessment</li><li>• Spine corrector exercises and practice teaching</li><li>• Chair exercises and practice teaching</li></ul>	<ul style="list-style-type: none"><li>• Level II/Module 2 Manual:<ol style="list-style-type: none"><li>1. Chair</li><li>2. Barrel</li><li>3. Endings</li></ol></li><li>• Course prep packet</li></ul>	<p><b>Before the module:</b></p> <ul style="list-style-type: none"><li>• Complete Level II/Module 1</li><li>• Complete DVD and reading assignments</li><li>• Complete 60 logged hours for Level II</li></ul> <p><b>During the module:</b></p> <ul style="list-style-type: none"><li>• Attend and participate fully in all sessions</li></ul> <p><b>Certification:</b></p> <ul style="list-style-type: none"><li>• A Peak Pilates Level II Certification will be awarded upon completion of logged hours and achievement of passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years or advancing to the next level.</li></ul>

Attend Level II 8–12 weeks after completing Level I

“In ten sessions, you will feel the difference.  
In 20 sessions, you will see the difference.  
In 30 sessions, you will have a new body.”

JOSEPH PILATES



Attend Level III 6 weeks after completing Level II

LEVEL III 100 HOURS: 40 course contact hours   60 logged hours			
LEVEL III MODULES	KEY TOPICS	MATERIALS	COURSE REQUIREMENTS
<b>MODULE 1</b> 2 ½ days 20 hours	<ul style="list-style-type: none"><li>• Advanced mat and reformer exercises</li><li>• Practice teaching and coaching</li><li>• Lower body anatomy</li><li>• Advanced Cadillac exercises</li><li>• Shapes in space</li><li>• Signs of readiness</li><li>• Teaching skills<ul style="list-style-type: none"><li>• Touch techniques</li><li>• Shapes in space</li><li>• Signs of readiness</li><li>• Progression</li><li>• Understanding the order</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Level III DVD</li><li>• Level III/Module 1 Manual:<ol style="list-style-type: none"><li>1. Teaching Pilates</li><li>2. Progression</li><li>3. Anatomy</li><li>4. Mat</li><li>5. Reformer</li><li>6. Cadillac/Tower</li></ol></li><li>• Course prep packet</li></ul>	<p><b>Before the module:</b></p> <ul style="list-style-type: none"><li>• Achieve Level II certification</li><li>• Complete DVD and reading assignments</li></ul> <p><b>During the module:</b></p> <ul style="list-style-type: none"><li>• Attend and participate fully in all sessions</li></ul> <p><b>After the module:</b></p> <ul style="list-style-type: none"><li>• Practice, observe and teach to fulfill logged hours</li><li>• Attend next module 6-8 weeks later</li></ul>
<b>MODULE 2</b> 2 ½ days 20 hours	<ul style="list-style-type: none"><li>• Advanced high chair, low chair, ladder barrel and spine corrector exercises</li><li>• Auxiliary equipment exercises<ul style="list-style-type: none"><li>• Jump board</li><li>• Ped-o-Pul</li><li>• Foot corrector</li><li>• Towel</li><li>• Power circle</li></ul></li><li>• Practice teaching and coaching<ul style="list-style-type: none"><li>• Case studies</li><li>• Action plans for assessment</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Level III/Module 2 Manual:<ol style="list-style-type: none"><li>1. Chair</li><li>2. Barrel</li><li>3. Endings</li></ol></li><li>• Course prep packet</li></ul>	<p><b>Before the module:</b></p> <ul style="list-style-type: none"><li>• Complete Level III/Module 1</li></ul> <p><b>During the module:</b></p> <ul style="list-style-type: none"><li>• Attend and participate fully in all sessions</li></ul> <p><b>After the module:</b></p> <ul style="list-style-type: none"><li>• Practice, observe and teach to fulfill logged hours</li><li>• Take final assessment 8 weeks later</li></ul>
<b>MODULE 3</b> 1 day 6 hours	<ul style="list-style-type: none"><li>• Final Comprehensive Assessment<ul style="list-style-type: none"><li>• Theoretical exam (written)</li><li>• Technique assessment</li><li>• Full session teaching assessment</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Course prep packet</li></ul>	<p><b>Before the module:</b></p> <ul style="list-style-type: none"><li>• Complete Level III/Module 2</li><li>• Complete 60 logged hours for Level III</li></ul> <p><b>Certification:</b></p> <ul style="list-style-type: none"><li>• A Peak Pilates Comprehensive Certification will be awarded upon completion of logged hours and achievement of passing scores on assessments. Maintaining certification requires earning a minimum of 14 CECs every two years.</li></ul>



“Peak Pilates® stands for exceptional integrated and classical Pilates in a uniquely supportive environment. We teach every instructor to think critically, be present and respond to the body in front of them.”

**NIKKI BOUDREAUX**  
PEAK PILATES BUSINESS DEVELOPMENT SPECIALIST, DENVER, CO





"If your spine is inflexibly stiff at 30, you are old. If it is completely flexible at 60, you are young."

JOSEPH PILATES

## CONTINUING EDUCATION

Meeting the highest standards in education, our continuing education programs are developed by Peak Pilates® Master Instructors, professionals in health and fitness, and leaders in the field of classical Pilates to help teachers grow even more in their careers as instructors. Peak Pilates Certified Instructors are required to complete a minimum of 14 continuing education credits (CECs) every two years in order to maintain their Peak Pilates certification. Below are just a few examples of the CECs we offer. To find more, please visit [peakpilates.com/continuingeducation](https://peakpilates.com/continuingeducation).

### Two-Day Chair & Barrel Intensive I 12 CECs/12 hours

The Chair & Barrel Intensive I workshop is a 1.5-day course that introduces the semi-circle barrel, spine corrector, ladder barrel, high chair, low chair, arm weight series and towel exercises. Through lecture and discussion, you will become familiar with the when, why and how to incorporate these exercises into a session for optimal training. This course is applicable for any Pilates instructor interested in practically learning or refreshing their introductory chair and barrel knowledge and is a prerequisite to register for Chair & Barrel Intensive II. This workshop is prerequisite for entry into the Peak Pilates Comprehensive Level II or III trainings or the final Comprehensive assessment. Peak Pilates equipment is required to host.

### Two-Day Chair & Barrel Intensive II 12 CECs/12 hours

The Chair & Barrel Intensive II workshop is a 1.5-day course that advances the work on the spine corrector, ladder barrel, high chair and low chair, as well as introduces the arm weight series, basic jump board, ped-o-pull, sand bag and foot corrector. Through theoretical and practical exploration, you will understand not only how to integrate these exercises into the system, but how to safely advance them as well. This workshop is prerequisite for entry into the Peak Pilates Comprehensive Level III or the final Comprehensive assessment. Peak Pilates equipment is required to host.

### Two-Day Peak Pilates® MVe® Chair Training 16 CECs/16 hours

The MVe® Chair Instructor Training focuses on teaching small group Pilates chair classes set to music in a studio or health club setting. You will learn the foundational Peak Pilates® Perfect Ten chair exercises, as well as modifications and variations to accommodate all participants. Three pre-designed class formats provide exercise sequences that use the entire body in coordinating movements and offer the most effective, fun patterns for participants.

### Two-Day Peak Pilates® Group Reformer Training 16 CECs/16 hours

The two-day Group Reformer Instructor Training teaches you the Peak Pilates Perfect Ten series of reformer group exercises for beginner to intermediate participants. The workshop prepares you to deliver pre-designed group reformer workouts that will challenge your clients by offering Pilates workouts for a contemporary audience. As a participant in the training, you receive a comprehensive instructor manual and educational DVDs that break down the setup, execution and flow of each exercise.



**GINA LANG**

Peak Pilates® Master Instructor

**SUCCESS STORY**

Gina Lang, an avid dancer and gymnast, was diagnosed with multiple sclerosis more than 20 years ago. She found Pilates soon after, and through the method, education and community she found at Peak Pilates®, she received her certification and later became a Peak Pilates Master Instructor.

**Where did you first learn or hear about Pilates?**

I first heard about Pilates from a Mari Winsor commercial. I was diagnosed with MS in 1993 when I was 33–years–old. As my health declined, I decided I should try Pilates to help improve my daily life. Peak Pilates® came to our facility and Zoey Trap taught Level I Comprehensive.

**What was your Peak Pilates® Pathway?**

It was harder for me with MS to learn advanced Pilates, but I did pass Level I, II and III and became a Peak Pilates Comprehensive

**Evolve Program**

The Peak Pilates® Evolve CEC Program allows certified instructors to earn CECs by taking private lessons with Peak Pilates Master Instructors at their Education Centers or facility. Each private lesson awards 0.5 CECs per lesson hour petitioned with a maximum of 6 CECs every two years.

**Conferences & Tradeshows**

Throughout the year, the Peak Pilates brand earns an even greater following at various conferences and tradeshows around the world, where attendees will be able to earn CECs. At our flagship event, the Pilates Empowerment Summit (PES), instructors and enthusiasts have a unique opportunity to gain insights from top Pilates professionals, heighten their Pilates practice and earn the 14 CECs required every two years to maintain their certification.

**Newsletter Quizzes**

Every quarter, a continuing education quiz is published in the Peak Pilates Newsletter to offer instructors an at-home opportunity to read about theoretical and practical concepts with a corresponding quiz worth 2 Peak Pilates CECs.

**MASTER INSTRUCTORS**

At Peak Pilates, our fundamental goal is to bring Pilates to everyone in a manner that is both accessible and inspiring. The heart of our educational program belongs to our trio of educational developers – Colleen Glenn, Clare Dunphy and Zoey Trap – who together bring over 70 years of combined experience in the Pilates and fitness industries. In 2000, the three were challenged to create a new paradigm for classical Pilates education that would deliver it in an accessible, easy-to-follow format. Their diverse skills and backgrounds made them the perfect team to take on the task. They developed a program that allows teachers to unlock the

beauty and potential of the system with proprietary teaching methodologies that enable instructors to identify and address any weaknesses or points of improvement in their teaching.

Additionally, it was essential to incorporate the latest in science and anatomy to create a deeper understanding of the integrated and systematic approach. Today, from lesson plans to instructor manuals, Peak Pilates® continues to refine our programs, always looking toward the future to meet the needs of our ever–changing industry.

**Master Instructor (MI) Camps**

Peak Pilates selects high-caliber instructors to represent our program. We recruit dedicated instructors with a passion for training new teachers and provide them with unparalleled support. Our formal mentoring system gives Peak Pilates Master Instructor candidates the teaching tools and professional support that can only come from one of our specially trained, top-tier Master Instructors.

Becoming a Peak Pilates Master Instructor requires a considerable investment of time and resources for both the potential Master Instructor and the Peak Pilates education team. Candidates travel, study, prepare and practice to meet the pathway requirements and ensure the standard of excellence we strive for at Peak Pilates.

MI Camp is a time devoted to exploring new skills, working to develop authenticity and deliver inspired education. Our MIs are the pride of our program and each offers his or her unique skill set that brings Peak Pilates to life.

Certified Instructor. Later, Zoey asked if I would consider becoming a Peak Pilates Master Instructor. I always enjoyed watching MIs so as soon as she asked, I was all over it.

**What were some challenges you faced and how did you overcome them?**

I found every part of it to be quite challenging, from Level I all the way up. You have to allow yourself to be a little uncomfortable in the process, open yourself up to correction and allow yourself to be taught.

**Have you taught students with MS?**

I've taught students with MS and Parkinson's. I've been able to give them positive results for their body to move them past their hindrances.

**How long after doing Pilates everyday did you see an improvement?**

The migraines I used to have pretty much stopped instantly. I could alleviate a migraine pretty quickly just by getting into a long spine, doing length and opposition. Pilates and my mentors helped me learn how to lengthen my neurological pathways, then to repeat my movements until they became really comfortable. Through repetition, I think my brain did some rerouting, and after a couple years, I didn't need a cane anymore.

**How has Pilates changed your life?**

My whole life is so much better. I was telling a friend that I was off to Miami for PES, and I never thought I would be saying those words. It has taken me from a world that I never thought I would be able to have, and it's given me a world that I adore, and I can't even begin to fathom what my world would be without it.



## CHAPTER

# 4

### Education Centers & Host Facilities

IN THIS SECTION, WE INTRODUCE OUR NETWORK OF PEAK PILATES® EDUCATIONAL CENTERS, WHERE THE MOST DEDICATED AND EFFECTIVE PILATES INSTRUCTORS ARE TRAINED.







### PEAK PILATES® EDUCATION CENTERS

Over the years, Peak Pilates® has become a global leader in Pilates education, offering an unmatched combination of superior Pilates equipment and classical Pilates training. We deeply value this commitment and seek out facilities to offer Peak Pilates instructor training programs and continuing education courses. You can join a tradition of improving lives by becoming an education center or host facility. Education centers enhance their instructors by training them in the best Pilates education in the world, bringing even greater value to their studio. All education centers feature a Peak Pilates Master Instructor and almost exclusively use Peak Pilates equipment to bring members and clients the highest quality experience possible. These elements represent the quality and dedication for which Peak Pilates stands.

Our Peak Pilates education centers share our commitment to developing exceptional Pilates teachers who are proud to represent an esteemed Pilates education program. The centers are integral in furthering the development of the Pilates community by enriching the careers of its instructors and teachers. For this dedication, we offer a generous revenue sharing package with our education centers, making their studio's even more profitable. In addition, we offer exclusive discounts on Peak Pilates equipment, accessories and apparel.

When you call upon us for counsel, you can be assured that you will be working with business-minded people who understand Pilates from every level. With the success and growth of the Peak Pilates program, we will continue to expand our education center network, and we look forward to working in partnership with you and your business.

### PEAK PILATES® HOST FACILITIES

If you would like to organize a Peak Pilates training but are not an education center, you can still become a host facility. This is a great opportunity to add more variety and quality to the classes offered in your studio. Hosting a instructor training program is a convenient way to help your instructors gain certifications and advanced skills, as well as recruit new talent to your facility. You will also receive recognition through your affiliation with one of the most esteemed Pilates teacher training programs in the world. Hosting benefits include complementary registration, cash awards and gift certificates.





**NANCY HURD**

Peak Pilates® Master Instructor  
Austin, Texas



**ALISON PERCIC & SANDRA PERCIC**

Peak Pilates® Master Instructors  
Brighton, Australia



**Can you tell us about your favorite experience in which a Peak Pilates® training benefited a student?**

Throughout the years, there have been so many amazing things that have happened during the Peak Pilates courses. I have seen so many people overcome so many types of obstacles and become successful and empowered. This comes from Peak Pilates' strong education system coupled with their supportive community. This non-competitive and nurturing environment sets up the stage for life-long learning, giving, sharing and growing.

**Why would you recommend Peak Pilates over other Pilates education programs?**

I have an extensive background in education and I love Peak Pilates programs because they offer a strong pedagogy of Pilates. Their curriculum has clear objectives, lesson plans, syllabi and measurable outcomes. The courses include all avenues of learning including lectures, discussions, drills, written materials, demonstrations and hands-on work. Their courses are laid out and delivered in a systematic, clear and consistent manner. It is a teacher's dream.

**In what ways do Peak Pilates events like the Pilates Empowerment Summit (PES) benefit your career and enhance your knowledge?**

It's a combination of the gathering of the minds and a really great time! I love the community feeling, the amazing instructors, students and Peak Pilates team. I leave every year feeling inspired, renewed and ready for the teaching ahead.

**What makes Peak Pilates education unique?**

Community. Peak Pilates is such a wonderful community to be part of. The very first words in my welcome letter to new students on their journey are "Welcome to the Peak Pilates Family". There is such overwhelming support from all of the Peak team, from the headquarters in California to the very newest student beginning their teacher pathway.

**How does Peak Pilates influence the global community?**

By sharing the same goals in a supportive and positive way, Peak Pilates has truly created a global team. I have been fortunate through Peak Pilates to work with people from all over the world and from all different backgrounds working towards the same goals. These positive and ongoing relationships make the world seem more connected and a true global community.

**What is your favorite part about working with Peak Pilates?**

I love the fact that Peak Pilates is continuously evolving. We never stand still and strive to challenge ourselves and continue to grow each and every day.

**How does Peak Pilates equipment and education diversify your education center?**

Peak Pilates equipment is essential in the success of our education center. Their line of equipment is very diverse and meets the need of any instructor's goals and style.

**Why would you recommend Peak Pilates® over other Pilates education programs?**

We chose the program that we would join very carefully. Pilates is our passion, and the we chose program really needed to reflect this. We have also been in the fitness industry for a very long time and consider ourselves very lucky to have experienced numerous styles of exercise. Peak Pilates not only gives you all the technical information, but also instruction on how to teach in a very welcoming and supportive environment. All these factors are very important to bring out the best in a student.

**Is there anybody that has particularly inspired or influenced you in your Pilates career?**

When we were students, we were very inspired by Peter Roel, who showed me what passion and enthusiasm looks like when expressed in movement. When we joined the Peak Pilates Master Instructor training program, we were so lucky to have been mentored by Clare Dunphy and Zoey Trap. With all their knowledge and experience, these strong women have remained humble and are all about giving and supporting us to continue to grow and become not just better Pilates instructors, but better people!

**What makes Peak Pilates education unique?**

We have a systematic approach to learning, so it gives students a clear framework of where to start and then how to continue their Pilates Instructor journey. Everything is very clear and the whole journey is very

supportive. The students who come out of the program are very successful Instructors.

**How does Peak Pilates influence the global community?**

Knowing that you can be in most parts of the world and find a Peak Pilates Education Center is very satisfying and speaks to how amazing their approach is and why it has such a following.

**What is your favorite part about working with Peak Pilates?**

It was because their core values matched ours. Values of integrity, honesty, passion for Pilates and, most importantly, a love for people! These values permeate everything, so it makes it wonderful to work with Peak.

**How does Peak Pilates equipment and education diversify your education center?**

As a Peak Pilates education center, we have students come in from all parts of the southern hemisphere. Different countries and people all with the same goal — a passion for learning. The Peak Pilates workshops are open to everybody. They bring together instructors from different Pilates backgrounds and allows everyone to learn and support each other.

The different pieces of equipment are a great selection for any instructor from both from a monetary and visual viewpoint, as well as space considerations (folding or stacking options). You can always feel secure of its quality knowing that it's a Peak Pilates piece. Our equipment is now coming up to being 15 years old and everyone thinks it's brand new.



CHAPTER

# 5

## Global Events & Community

MORE THAN JUST AN EQUIPMENT  
MANUFACTURER AND EDUCATION PROVIDER,  
PEAK PILATES® IS A COMMUNITY OF  
DEDICATED PILATES ENTHUSIASTS.  
IN THIS CHAPTER, YOU WILL LEARN HOW TO  
GET ENGAGED AND STAY CONNECTED.







Peak Pilates® is proud to offer our uniquely produced flagship event, the Pilates Empowerment Summit.

## EVENTS

Peak Pilates® is proud to offer our uniquely produced flagship event, the Pilates Empowerment Summit (PES). Now in its fourth year, PES offers instructors and enthusiasts a unique opportunity to gain insights from top Pilates professionals, including our team of Peak Pilates Master Instructors, to heighten their Pilates practice and enhance their expertise. Attendees will advance their practice through interactive programming, team-building activities and networking opportunities. PES features more than 50 sessions led by top industry presenters and Master Instructors. This event gives us a chance to thoughtfully exchange ideas with our core community and to welcome newcomers from around the world who are interested in exploring the Pilates method.

Throughout the rest of the year, you can find Peak Pilates at fitness industry events such as IHRSA, FIBO, PMA and others. At each of these gatherings, we showcase an array of Peak Pilates equipment, accessories and apparel, as well as new product innovations. These are great venues for studio and club chain owners and operators to touch and experience our hand-crafted line of equipment.

At instructor education conferences such as ECA, DCAC and the World Spinning® and Sports Conditioning (WSSC) Conference, Pilates professionals can attend a variety of unique and empowering workshops that are aimed at advancing the knowledge and careers of each Pilates professional in attendance. We are proud to present a full line of educational programs at these events to help grow the Pilates community even more.



## OUR COMMUNITY



100,000+

Community page views daily



73,000+

Facebook fans + growing



2,100+

Instagram followers + growing

### SOCIAL MEDIA



Community Page

[www.peakpilates.com/community](http://www.peakpilates.com/community)

Our newly updated community page launched in 2016 and is an important aspect of Peak Pilates®. The community section of our website is where you can find articles on teaching advice, Pilates for men, fusion sessions, living a healthy lifestyle, Pilates equipment and more. We want you to feel like you can learn everything you need to know about running a successful business or being a knowledgeable teacher from our site. Our Master Instructor team shares their insight on the site, offering a great way to interact with Master Instructors that you may have never met.



Facebook

[www.facebook.com/peakpilates](http://www.facebook.com/peakpilates)

Our Facebook audience truly reflects our global community. We are proud to have over 73,000 fans worldwide interacting with us on a daily basis. “Like” us on Facebook to stay connected — see pictures from worldwide events and find special offers, Pilates news and interactive contests. Our Facebook page updates regularly, and we love answering questions from our community. The dialogue on our Facebook page keeps the community we have built lively and dynamic.



Instagram

[www.instagram.com/peakpilates](http://www.instagram.com/peakpilates)

Instagram is another social media channel that continues to evolve. We love seeing your amazing pictures, and we regularly share pictures from Peak Pilates headquarters. You can also see snapshots from weekend workshops and events from around the world.



Twitter

[www.twitter.com/peakpilates](http://www.twitter.com/peakpilates)

We are proud that our Twitter audience continues to grow. On our Twitter account, you will find photos, articles, industry news, sneak peeks of behind-the-scenes action at Peak Pilates and much more!



Pinterest

[www.pinterest.com/peakpilates](http://www.pinterest.com/peakpilates)

We love Pinterest! It's a great place to not only share equipment and stories, but also find amazing recipes, new workout clothes, delicious treats and much more! We love pinning inspiring images of Pilates from around the world.



YouTube

[www.youtube.com/peakpilateshq](http://www.youtube.com/peakpilateshq)

Videos are a great way to capture moments, learn new techniques and tell our story. Our YouTube channel continues to grow and we will always be posting more videos.



## MEET OUR MOTHER & DAUGHTER MASTER INSTRUCTORS



**ZOEY TRAP & KATHRYN COYLE**



**MISSY NOLL & JOLIE NOLL**



**CONNIE BORHO & CARLY BORHO**

For nearly a century, Pilates has been transforming lives around the globe. The practice of Joseph Pilates has extended across oceans and cultures to improve the fitness and wellbeing of practitioners. At Peak Pilates®, we strive to bring the power of movement to everyone, regardless of ages or ability. And there is no greater proof of our commitment to connecting and improving lives than our trio of mother-daughter Master Instructors.

As mothers and daughters, they share a love and passion for each other. With Peak Pilates, they also grow as professionals. Master Instructor Zoey Trap introduced Pilates to her daughter, Kathryn, at a young age, and they have since grown to become master instructors, mentors and business partners. “It keeps us connected,” Zoey says, “Not just in our love of Pilates, but also our love for each other in different ways.”

Missy Noll and her daughter Jolie also learn from each other every day. They both earned the title of Peak Pilates Master Instructor and co-own their own studio, The Pines Studio, in Wexford, Pennsylvania. “We literally listen to each other teaching,” Missy says. “Often I will hear Jolie explain something really well and I go, ‘I am totally stealing that!’ And she’ll do the same!”

Carly Borho was also inspired to start Pilates from her mother, Connie. “My mom has always taught me what she knows best,” Carly notes. “She believes in the Peak Pilates system and so shared it with me, then encouraged me to go out and experience Pilates through other teachers.”

The teaching and support in the Peak Pilates also helped all three mothers and daughters overcome some difficult periods in their lives. Zoey and Kathryn founded The InnerSpace in Avon, Connecticut, and through their hard work and dedication to the craft, their business grew into the largest Pilates studio in the state. When the sold the facility, the future looked uncertain. Kathryn moved to Virginia to become the Regional Pilates Coordinator for LifeTime Fitness in the greater Washington D.C. area, while Zoey moved to South Carolina and became the Team Leader and Senior Program Specialist for Peak Pilates. However, by remaining committed to each other and to the program in spite of the distance between them, they remained strong through this transition. “It seemed like things were in flux, and Peak Pilates helped provide the glue,” Kathryn says.



“Jolie started to take Pilates from me after she experienced a personal, life-changing tragedy,” Missy adds. “She agreed to start learning Pilates and was a natural. She now speaks Pilates fluently!”

Pilates has proven to aid the health of every practitioner, even Master Instructors like Carly. “Carly has physical and health concerns that can be tricky to work around when she isn’t feeling well,” says Connie. “At the same time, Carly needs to stay active and in good physical shape in order to keep her symptoms to a minimum. The Peak Pilates® system gives me — and her — a great foundation of knowledge and teaching skills that enable us to work with her own individual needs.”

Although they may have different styles and approaches to their process, they all share the same philosophy of bringing the latest breakthroughs in exercise science to the classical method of Joseph Pilates. “At Peak Pilates, we care about more than just anatomy and technique,” affirms Kathryn. “We help teachers understand why and how the Pilates method works as a movement system, while also providing instructors a teaching methodology that enabled them to share the method in a very effective manner.”

These mothers and daughters also cherish the community and instructor network that Peak Pilates has provided all over the world. “Jolie didn’t limit her experiences to just learning from me,” Missy adds. “Kim Barrett was also a big influence, as were the many trainers she learned from in her travels around the US and Europe.”

“Mom has a way of challenging movement and teaching strategies while always affirming capability,” says Connie. “The structured progression of Peak Pilates does the same—I always know where I’m at, what I am striving towards, and I always feel the rewards of dedicated work.” With Peak Pilates, these six women not only grow closer to their students and to the power of movement, but also to each other as mothers and daughters. We remain committed to seeing our practice grow in the generations to come.

### ABOVE:

Zoey Trap &  
Kathryn Coyle at PES





### AGNES SIMONFI

Peak Pilates® Master Instructor and  
Owner of Ágipilates in Hungary

#### Can you tell us about your favorite experience in which a Peak Pilates® training benefited a student?

Since I have been teaching Pilates for 12 years, I have many favorites! One client came to our Pilates and lifestyle camp and lost 6 pounds. She became pregnant immediately after weeks and months of trying for a child. I'm grateful that I have a lot of similar stories in my practice — all little miracles achieved with Peak Pilates training that have changed lives.

#### Do you have any advice for people considering taking up Pilates for the first time?

Pick a highly qualified instructor. It matters a lot and influences the pace of progress. Then be patient with your body. If you have the will and desire to progress, your body will react and adapt amazingly fast. Be consistent and systematic with your training, and that means do it on bad days too. Trust the process and, over time, you will see the wonderful transformation of your body!

#### Why would you recommend Peak Pilates over other Pilates education programs?

The Peak Pilates education program is very mindfully and progressively designed, making the journey of becoming an instructor feasible and enjoyable. It conveys the method in a crystal-clear, logical manner, taking the guesswork out of the teaching part. This can be accounted for our Five-Part Formula for Success and our teaching methodology.

#### In what ways do Peak Pilates events like Pilates Empowerment Summit (PES) benefit your career and enhance your knowledge?

At a convention like PES, the best professionals are invited to present. These events provide a condensed learning opportunity which you can immediately take back home to your clients.

#### What makes Peak Pilates education unique?

Our comprehensive approach. It's not only mat or just the reformer; it's the system which helps them see and understand the connections among the apparatus and the exercises better. If they own this approach, their Pilates eye develops really quickly and they can see and judge properly what a body needs.

#### What is your favorite part about working with Peak Pilates?

I love the thoroughness of our materials, which enable the trainers to be professionally prepared to stand with confidence at each and every course. I also appreciate that whenever I have a question, I can always ask and get the answer almost immediately.

#### How does Peak Pilates equipment and education diversify your education center?

In Hungary, there are only a few, really well-equipped Pilates studios. Mine was the first, fully-equipped classical Pilates studio in the whole country when we opened in 2007. Most of the studios have only reformers, so having the whole range of high-quality Peak Pilates apparatus is already a big diversification factor.



### ANA CABAN

Peak Pilates® Master Instructor and  
Key Accounts Sales Representative

#### What makes working with Peak Pilates® different?

Working for Peak Pilates® is fun! Since I'm a long-time customer and ambassador for Peak Pilates, as well as a Pilates-lover, oftentimes it doesn't feel like work. The Peak Pilates global presence and support team make it easy for me to share our amazing products and programming.

#### How does the quality, character and movement of the equipment shape the experience for both Pilates instructors and students?

Peak Pilates equipment is truly in a class of its own. The quality craftsmanship and attention to detail placed on each and every piece of Pilates equipment goes above and beyond any other Pilates equipment manufacturer on the market. Our equipment is easy to use and maintain, and the “ride” of our reformers is simply superior. It's smooth and solid. All of these things make owning and using Pilates equipment just plain better.

#### How does Peak Pilates cover the full breadth of traditional Pilates yet still leave room for individual teaching styles?

The Peak Pilates education system is classical and thorough. It takes out the “mysticism” that is often associated with Pilates and provides a solid foundation for Pilates education, which allows you to make it your own with your personality, background and experience. I equate learning classical Pilates with learning ballet and other types of dance. Once you understand the history,

the shapes and lines, and the essence of classical Pilates, everything else that you learn and apply will come with greater ease and understanding.

#### What makes Peak Pilates instructor education unique?

Peak Pilates instructor education is thorough and based in the true essence of what Joseph Pilates considered to be his method. I love how our comprehensive program is divided up into three levels. This allows individuals to advance in their education as it suits their schedule, lifestyle and learning pace. As opposed to trainings where students must learn all Pilates exercises at once, the Peak way enables you to learn what you would actually need to teach a beginning client, an intermediate client, and eventually a more advanced client. Our Peak Pilates instructors actually grow with the program. They have time to internalize the exercises and teaching methodology before they are asked to learn more advanced exercises.

#### What are the principles that Peak Pilates stands for?

Peak Pilates stands for authenticity, solid craftsmanship, superior quality and service, integrity, and partnership. At Peak Pilates, we are here for you!

*“After teaching through a non-Peak Pilates education program for 8 years, I never thought I would take classical training and be passionate about it, until I learned from Ana Caban. I received my Peak Pilates Level I certification and I look forward to taking level II and continuing the Peak Pilates Comprehensive Certification Pathway. Ana inspired me on all levels. She believed in me, drew a plan, took my hand and made me believe in myself!”*

**Dima Alakhras**

**Pilates Coordinator, Life Time Athletic, Toronto, Canada**



CHAPTER

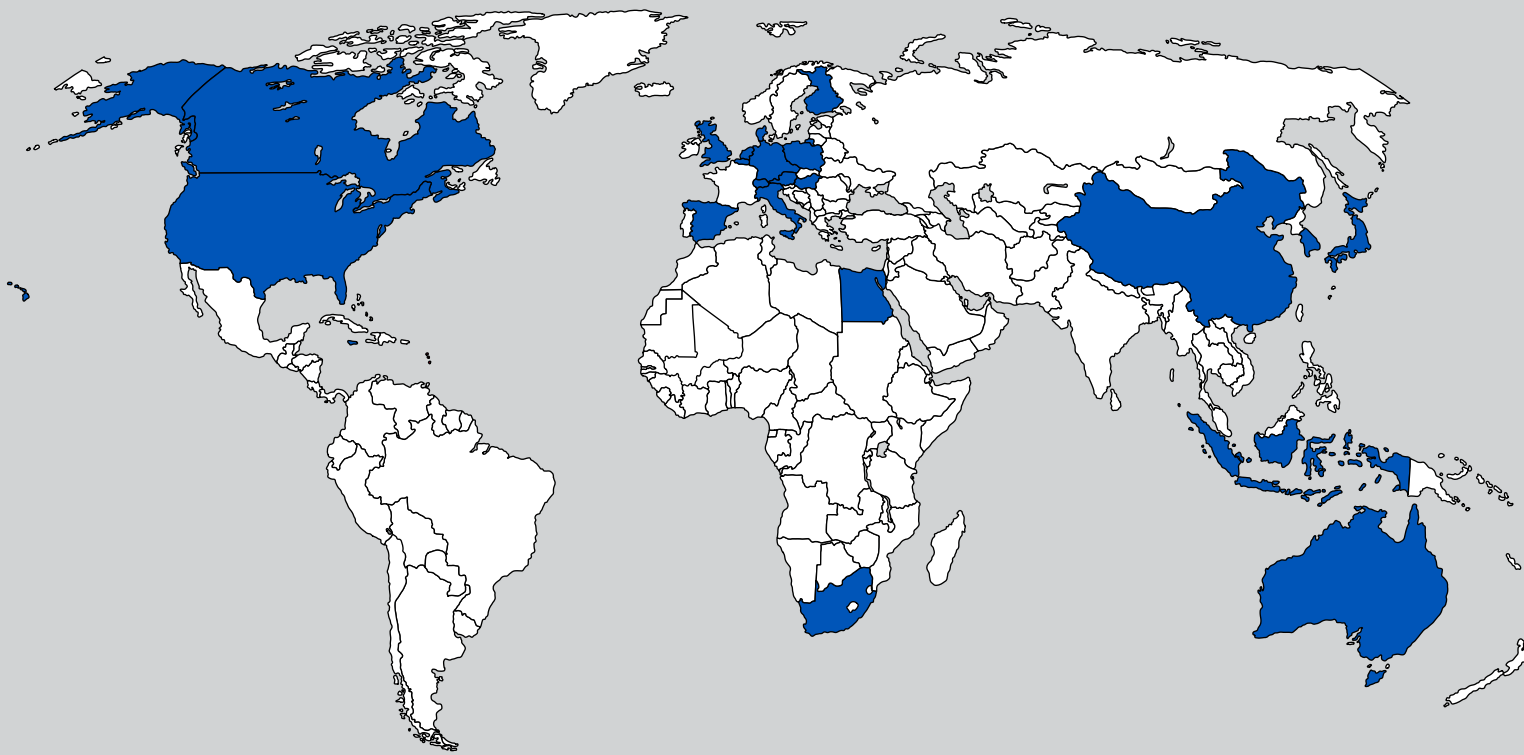
# 6

## Global Operations

WHAT BEGAN IN BOULDER, COLORADO HAS GROWN INTO AN INTERNATIONAL PILATES PHENOMENON. IN THE PAGES THAT FOLLOW, WE WILL SHARE THE GROWTH OF OUR WORLDWIDE FOOTPRINT.

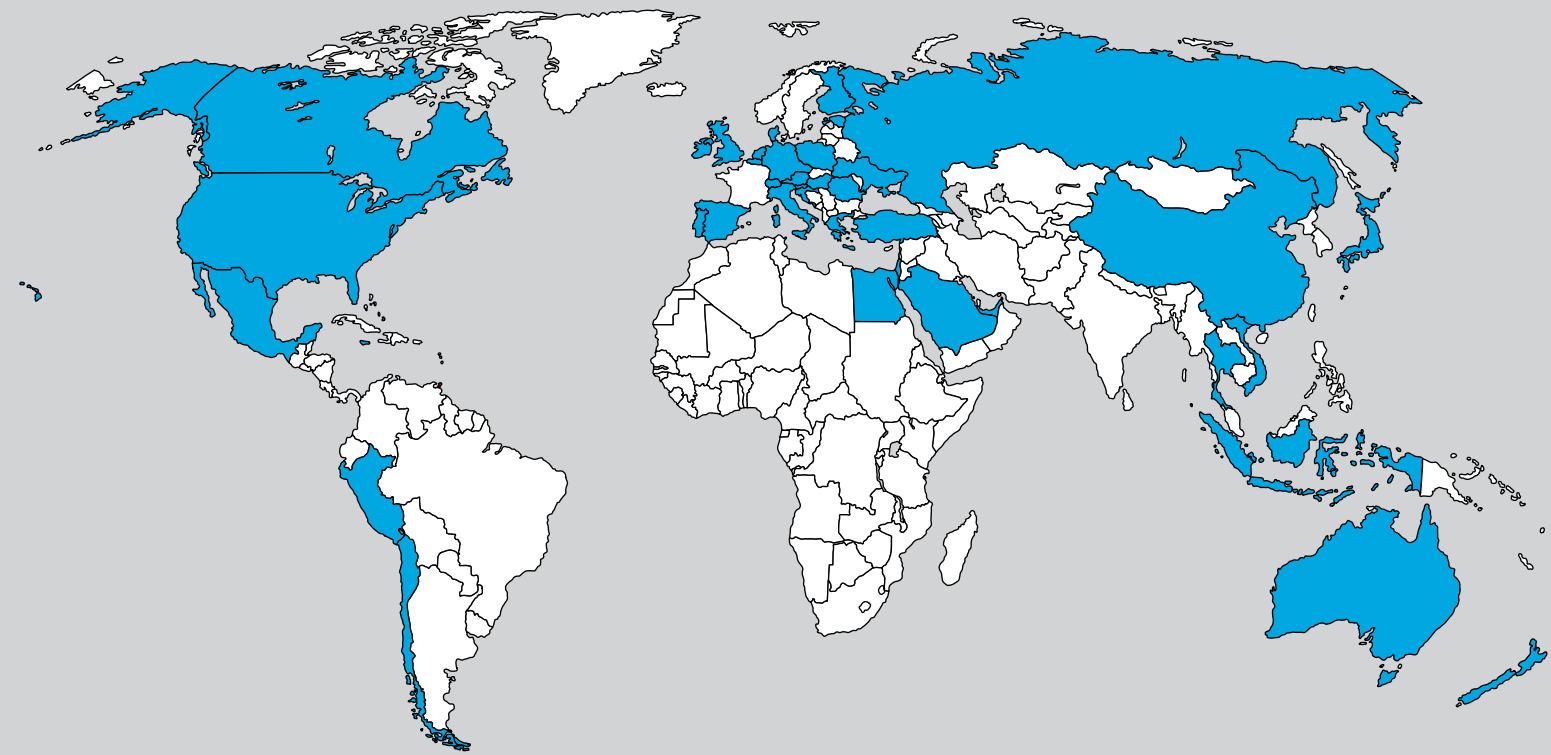






90 MASTER INSTRUCTORS  
IN 21 COUNTRIES

Spanning the globe,  
speaking over 16 languages  
and representing 21 countries



**+46** EDUCATION & DISTRIBUTOR CENTERS  
AROUND THE GLOBE

## GLOBAL NETWORK

We have a team of dedicated instructors who share a passion for helping new teachers discover the beauty of Pilates. Peak Pilates® Master Instructors represent a variety of disciplines and training backgrounds; their success as educators comes from their ability to teach students with the wisdom and skills they have amassed throughout their years of experience. Spanning the globe, speaking over 16 languages and representing 21 countries, the depth and technical expertise of our Master Instructor team is unmatched. We are always grateful and amazed at the “common language” Pilates allows us to share with so many worldwide.





### GLOBAL HEADQUARTERS & LOCATIONS

The Peak Pilates® program is truly global. Our global headquarters are in Venice, California with locations in Rancho Dominguez, California, Boulder, Colorado and Maassluis, Netherlands.

### MANUFACTURING


Our extensive line of wood products are hand-crafted in our manufacturing facility in Boulder, Colorado, and built to the highest quality of industry standards. Owning our own manufacturing facility not only allows us the ability to work closely with our expert wood craftspeople, but gives us the opportunity to participate in the daily work flow and production of the equipment. This hands on approach and close relationship between our engineers and craftspeople enables us to proactively ensure quality design and customization for every unit built. In addition to making equipment specific to our customers' needs, we value our collaborative relationships with our Master Instructors to create designs that are essential and optimal to the practice.

Our wood craftspeople are artists, working meticulously with each product out of their love for their craft and extensive woodworking expertise. For more than 20 years, our talented team of woodworkers have dedicated themselves to ensure every piece of Peak Pilates equipment is built to perfection. We have worked to constantly improve the design and functionality of all our wood products. We are committed to bringing the Pilates community our top-of-the-line equipment and look forward to refining each piece — preserving the past while incorporating new technological advancements and preparing for changes to come in the years ahead.



**ABOVE:**  
Manufacturing  
headquarters at Hartwood





We take extra steps to ensure  
the equipment built is beautiful and  
lasts a lifetime.



**JOHN BAUDHUIN**  
**CEO, MAD DOGG ATHLETICS, INC.**

**Why did you want to bring Peak Pilates® into the Mad Dogg Athletics® family?**

When we created Spinning® and the indoor cycling category, we quickly realized the importance of instruction and programming to creating a great experience on our bikes. While Pilates is clearly different than our Spinning program, we recognized some of the same opportunities to make the best equipment and marry it with the best education programs in the industry.

**What does Peak Pilates bring to Mad Dogg? How does it diversify the company?**

More than ever, different fitness and training programs compete for relevance in an increasingly competitive world. We had a front row seat to how Spinning changed the health and fitness landscape, and we felt that our core principles and expertise could help Pilates professionals and studios provide the types of result-driven experiences that keep participants engaged and get the most out of their Pilates practice.

**Spinning and Peak Pilates are two different worlds in fitness. How do you connect the other brands to Pilates?**

Although Peak Pilates® is different than any of our other brands, they are all connected through our goal of creating great experiences and outcomes through exceptional equipment, education and programming.

**What does Peak Pilates stand for?**

As a manufacturer, our goal has always been to design and produce the highest quality products that function as great as they look while staying true to our traditional heritage. As one of the world's largest fitness and wellness education companies, we strive to provide a comprehensive collection of education and programming that helps professionals continually grow. In two words: unsurpassed quality.

**What makes Peak Pilates meaningfully different?**

The symbiotic relationship between equipment and education means neither can be developed in a vacuum, so it's our deep understanding of the importance of balance between the two that sets us apart. Every piece of equipment we make starts with a collaborative effort between our engineering and design team and the professionals that bring our products to life.

**Do you practice Pilates?**

Yes. After hanging around our Peak Pilates Master Instructor team, I realize how much room I have to grow.



As this Peak Pilates® catalog comes to an end, we are honored to share our work and vision with you to bring greater health and happiness to every life we touch.







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