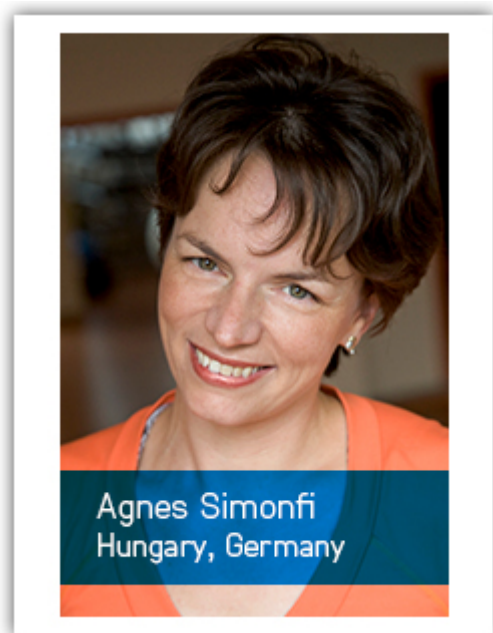


# Peak Pilates® Senior Master Instructor and Mentor, Agnes Simonfi | Hungary



## Why did you start taking Pilates classes?

All my life I've been involved in some kind of sport activity. But my love became handball when I was a teenager. I played it at a high level for 10 years. If you have ever tried handball, you should know, it's not the sport for "English ladies" (meaning it's pretty tough, with a lot of potential for injuries). When I finished my active career, and decreased the intensity and frequency of my workouts, I had to face the cruel fact that I have severe spine issues. I lived my life in constant pain—from the age of 25 to 30—when I met the Pilates

movement system. It happened in 2003, the time when Pilates first appeared in Hungary. I had no idea, what it was or what to expect when I entered my first class, but it was such a relief to my spine and joints that I decided no matter what it takes, I want this! And since then I've been practicing Pilates.

## **What inspired you to become a [Certified Peak Pilates Instructor](#) and then a Peak Pilates Master Instructor?**

When I faced the results of the Pilates workouts on my own body – the outlook of my body being just a nice “side-effect”, the most important fact was that I could get rid of my long-lasting and constant pain – I felt the urging need to share it with as many people as possible. Then I realized I should “duplicate” myself which is truly impossible, then at least the knowledge, because being alone as the representative of the classical system in Hungary was certainly a bottleneck to reach my goal (I strongly believe in the efficiency of the classical system!). One swallow doesn't make a summer – thought I. So I decided to go for training teachers to cover the total area of our small country and to pass the original method on ... That was – and continuously is – my main inspiration and nothing can provide me with more joy than hearing wonderful Pilates stories from my instructors of their own Clients ...

## **What do you love about teaching Pilates classes?**

In my experience, no other type of movement provides so visible results within such a really short period of time than

Pilates. Class by class I can see how my clients progress, how their body changes! After a couple of sessions they walk into (and out of) class with an improved posture, their movements get refined and start from the correct place, their body-awareness increases at an incredible pace. Their bodies – and their minds – react very quickly to the work properly done. I love to see this – it's so rewarding!



## What is your favorite apparatus?

I have no favorite apparatus. My taste depends on my daily mood and on the needs of my body. When I feel, I need a good stretch to my spine—my favorite is definitely the [ladder barrel](#). When I want to sweat, I surely choose the [reformer](#). When I work on the gravity-defying butt, I choose [low chair](#).

## **What's one of your favorite motivational quotes?**

"People will forget what you say, people will forget what you do, people will never forget how you make them feel." Maya Angelou

"The only place where 'success' comes before 'work' is in the dictionary."  
Vidal Sassoon

## **Share a memory from your experience as a teacher/coach/presenter that embodies the value of being a Certified Peak Pilates Instructor or Peak Pilates Master Instructor?**

The greatest value of being a Peak Pilates Instructor and MI for me is that I can serve people and lead them toward a healthier lifestyle while doing what I'm good at: teaching and motivating. With Pilates I can reach even those people who have been against sport all their life. A properly constructed workout plan gives them the immediate good feeling in their body and the idea that they have done something good for themselves. It provides them with the feeling of success (I could do it!) and skilfulness which they might have lacked in their life before (many people were „stamped“ clumsy in class just because they were not good at this or that sport at PE). Since Pilates is non-competitive and it places the emphasis on the development compared to yourself, people dare not to care about the others! Their focus remains on themselves which leads to a faster progress.

## **What advice would you give to someone who is thinking about becoming a Certified Peak Pilates Instructor?**

Practice, practice, practice! It's really true that you can only teach Pilates credibly, if you do Pilates. The whole work must be seen in your body – you're the one who embodies the METHOD to people! And if you know for sure what you feel during an exercise, only then will you be able to explain thoroughly to your Clients what THEY should feel and how they can execute a movement.



## **What makes Pilates such a great workout?**

Pilates is a great workout regime, because it can be tailored to every age and each fitness level. A good teacher can put together a perfect workout for a ballet dancer as well as an 80 year-old retired person – and both are Pilates and both will do the best to that person! It also works on all your conditional abilities: it strengthens the muscles while stretches them; it provides you with the stability of the core while ensures the mobility of your joints; it builds endurance and stamina; it improves your balance and coordination; it connects your body to your mind and spirit; it gives you a deep body awareness ... and I could write pages and pages, but I won't. Experience it on your own body and skin how great workout Pilates is! You will be

surprised!

## **Do you have a hero in the Pilates community, someone who deserves recognition for their leadership?**

Not really. I have worked with and learnt a lot from great personalities of the Pilates community from Colleen Glenn to Brooke Siler, Alycea Ungaro or Ton Voogt and Michael Fritzke. I respect them all, because they all work toward the same goal at a very high level i.e. to preserve Joseph Pilates' legacy.

## **Is there anything about you that would surprise people?**

- Pilates had been my passion which became my profession. I re-educated myself to be in the fitness-industry after the birth of my first 2 children, at the age of 30. Originally I'm an economist with a major in marketing and international management, and I earned my MBA from Case Western Reserve University, Weatherhead School of Management, Cleveland, OH.
- I learnt singing for several years and almost became a musical singer



**General Biographical information:** What year did you join the Peak Pilates Master Instructor Team?

I'm married and a mother of three.

**List relevant** 2007.

**professional certifications in health and fitness (define acronyms):** Confirm your location (city and country OR city and state if you are in the United States):

– Recreational sports instructor

– IFAA (International Fitness Pilismarot, Hungary and Aerobic Academy) certified aerobic instructor

– IFAA certified personal Pilates classes trainer and/or Pilates

–  $\frac{3}{4}$  wellness step instructor

– Port DeBras instructor

– Peak Pilates MI and mentor

**Where do you teach Pilates and/or Pilates Certifications/ Continuing Education workshops:**

– Agi Pilates Studio, Pilismarot (this is the Peak Pilates Education Center for Hungary)

– I teach mat classes in Budapest, at Telecom; and in Esztergom

Learn more about our Master Instructor team and [subscribe](#) to our newsletter today!