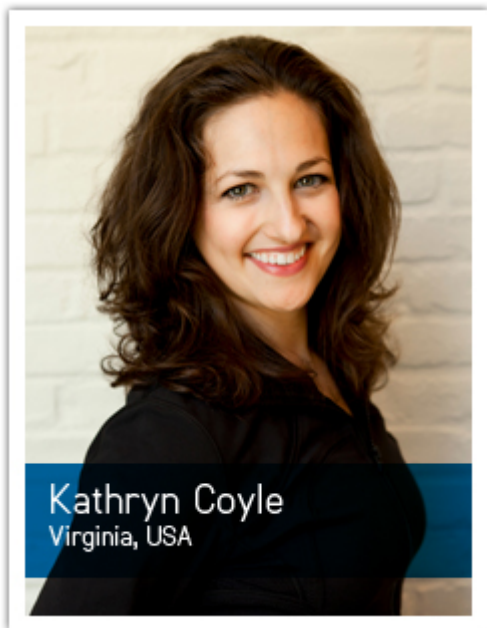


Peak Pilates® Senior Master Instructor and Mentor, Kathryn Coyle | Virginia, USA



What inspired you to become a Certified Peak Pilates Instructor and then a Peak Pilates Master Instructor?

I always knew I wanted to help people and was looking for a vehicle to make this possible. Pilates felt so good on my body that I decided to pursue teaching and it has been the most rewarding experience. After soaking up as much Pilates knowledge possible the natural next step was to share it with other instructors. I had already been mentoring my staff and then became a Peak Pilates Master Instructor so I could

continue to help share Pilates knowledge and passion.

What do you love about teaching Pilates classes?

No class is ever the same. Each person is different and like a puzzle you have to work to unlock the best way to progress and work with their own unique, body, learning style and personality.

What is your favorite apparatus?

Definitely the [low chair](#)!

What makes Pilates such a great workout?

Pilates can be whatever you need it to be. In the past when I have gotten injured I have been able to use Pilates to regain strength and recover. When I am healthy I use Pilates as a phenomenal workout that will provide me with the perfect balance of strength, stability, flexibility and stamina.



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?

One of my favorite things about the Peak

Pilates education is that we teach you how to teach and have a real process around that. I am often quoted as saying trust the process! I love hearing stories from newly certified teachers that low and behold it works! Recently, I heard from a newly certified level 1 teacher who was also a personal trainer, corrective exercise specialist and massage therapist. She's a pretty smart cookie and I asked her to trust the system with her students for 1 month to give the Peak method a fair chance. She came back at the end of the first week and told me "wow! I was making it so hard for myself and my students. This works!"

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

Trust the process! Know that if you do the work you will reap the rewards. Our program is designed to help individuals from all different backgrounds to be successful all you need is an open mind and a willingness to do work and faith that we will guide your journey and it will unfold throughout the course.

What's one of your favorite motivational quotes?

"You already possess every necessary to become great" – Crow Proverb

Do you have a hero in the Pilates community, someone who deserves

recognition for their leadership?

Michael Fritz and Ton Vogt are truly special. They have studied so many of the elders approached and really studied Joe.

Is there anything about you that would surprise people?

My first year in university I was performing arts major and was planning on pursuing musical theater.

General Biographical information:

Kathryn Coyle is Peak Pilates® Senior Master Instructor and mentor with over 15 years of experience teaching mindbody movement for prehab, rehab and performance enhancement. Kathryn is a Regional Pilates coordinator for Life Time Fitness®, in addition to assisting the Mid-Atlantic region she Kathryn manages one of the busiest studios in the Company in Reston, Va. Previously she owned one of Connecticut's largest Pilates and yoga studio. Kathryn has been featured Pilates Style® magazine and has also written articles for magazines on Pilates. In addition to her comprehensive Pilates certifications through Good Bodies Pilates, Peak Pilates® and the Pilates Method Alliance; she is also a certified holistic health coach through the Institute of Integrative Nutrition® and a Jivamukti™ Certified Yoga Instructor.

List relevant professional certifications in health and fitness (define acronyms):

PMA-CPT 2014

Holistic Health Coach (Institute of Integrative Nutrition)

PilateSystems Comprehensive Classical Pilates Certification (Colleen Glenn 550 hours)

Peak Pilate Systems® Comprehensive Pilates Certification (550

hours)

Jivamukti Yoga™ 300hr Certified Instructor

The MindBody Institute Classical Pilates Mat Certification

Global Wellness Group Exercise Certification (Germany)

NASAM (National Association of Sports Medicine – In process
2015)

Keiser Strength Training Certification

Keiser and Life Fitness Indoor Cycling Certifications

Registered Yoga Teacher with Yoga Alliance (RYT 200)

What year did you join the Peak Pilates Master Instructor Team?

2008

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

Life Time Athletic Reston and Greater DC region.

Learn more about our Peak Pilates Master Instructor team and
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