

# Peak Pilates® Senior Master Instructor, Mentor, and Leadership Team Member, Nancy Hurd | Texas, USA



## Why did you start taking Pilates classes?

I was a dancer and a dance Major and we took Pilates as part of our program. It was often used as part of the floor work in our classes. I continued after as I loved working out and felt it was a great blend of dance and fitness.

What inspired you to become a [Certified Peak Pilates®](#)

## **Instructor and then a Peak Pilates Master Instructor?**

I became a certified Pilates instructor due to my love of movement and teaching. I had been teaching dance for 12 years at a Performing Arts High School and when we moved to Austin I felt it was the next step in my journey. I was certified by Colleen Glen and helped to run her pre-training program here in Austin. She invited me to join the Peak Pilates MI Team when it was forming and I have been with Peak Pilates and loved it every since.

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

I love teaching Pilates classes as it never stops amazing me how much better people feel physically and mentally each time they take a class. Watching this happen over the hour never gets old.



## **What is your favorite apparatus?**

The [Chair](#)

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

It is a perfectly balanced program that can be adapted to meet the needs of every single body.

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

Do it. It will change your life.

## **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?**

Wow this question is so hard as there are so many. I think to sum it up it is education, community and growth. Whether teaching a client, a course, or mentoring a new Master Instructor I have seen so many people come through many types of obstacles including: insecurities, divorce, grief, finances, injuries, illnesses, etc., and become successful and empowered. This comes from Peak Pilates' strong education system coupled with their strong supportive community. This non-competitive and nurturing environment sets up the stage for life long learning, giving, sharing, and growing.

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

"If you can't fly, then run, if you can't run, then walk, if you can't walk then crawl, but whatever you do, you have to keep moving forward -*Martin Luther King, Jr.*



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

Loltia San Miguel, Colleen Glenn, Clare Dunphy , Zoey Trapp and Wendy Arbuckle

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

I was married in Bisbee Arizona. Where? Google it.

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

2002

## **General Biographical information:**

BFA in Dance

Masters in Education

Pilates Certifications: Peak Pilates®, The Pilates Method Alliance, and The PilateSystem®.

PMA CEC Provider

Peak Pilates Level IV Master Trainer'

Peak Pilates Leadership Team

Lolita San Miguel Master Teacher™

Who's Who among America's Teachers

Director and Owner of The Austin Pilates Barn

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

Gyrokinesis™

The Gyrotonic Expansion System®

Pilates for Golf

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

I primarily teach programs at The Austin Pilates Barn. I do travel where Peak Pilates sends me throughout the USA and in Turkey.

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