

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!