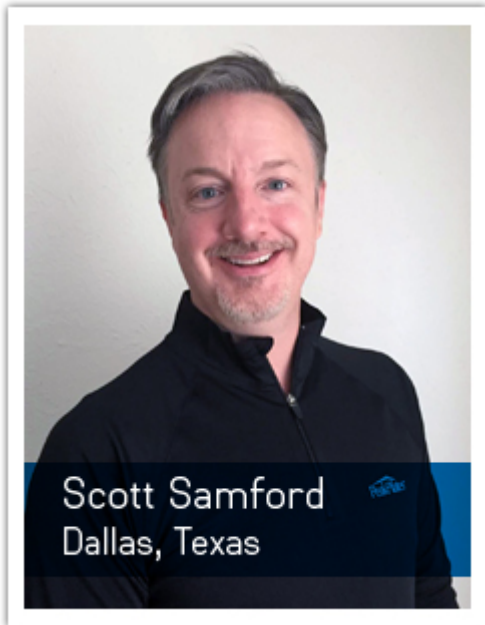


Peak Pilates® Master Instructor Scott Samford | Texas, USA



Why did you start taking Pilates classes?

As a personal trainer, in order to grow with my target market, I knew that I needed to focus on more than lifting heavy weights and sprints. I was already deeply involved in corrective exercise and when the opportunity arose to become Peak Pilates® certified, I knew it would be a perfect fit.

What inspired you to become a Certified Peak Pilates

Instructor and then a Peak Pilates Master Instructor?

I became certified for several reasons, but most of all I I loved the Peak Pilates methodologies. I became a MI because I love sharing my passion for the beauty of Pilates to others who “geek out” over the human body’s anatomy and its ability to move through space.

What do you love about teaching Pilates classes?

I love the light bulb moments when something clicks and their eyes twinkle.

What is your favorite apparatus?

I love the [reformer](#) and how something so simple can train any one, any age and any level of health and fitness.

What makes Pilates such a great workout?

It works for all bodies.

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

Remember, this is a big commitment. You have to be willing to put some blood sweat and tears into it, but the reward is life changing.

What's one of your favorite motivational quotes?

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be?" – Nelson Mandela Inaugural Speech, 1994

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

I have been blessed to be trained, work with, become friends with and now co-studio owners with Cherry Herzog.

Is there anything about you that would surprise people?

I am a big a computer gamer.

General Biographical information:

I am a born and raised Dallasite. I went to college at the University of North Texas and received a BFA in Advertising Design. I have been working in fitness since 2006. All my hard work and efforts culminated last year when I purchased a Pilates studio with fellow MI and friend, Cherry Herzog.

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

Cooper Institute for Aerobic Research – Certified Personal Trainer

Cooper Institute for Aerobic Research – Biomechanics of Resistance Training

National Academy of Sports Medicine – Certified Personal Trainer

National Academy of Sports Medicine – Corrective Exercise Specialist

National Academy of Sports Medicine – Performance Exercise Specialist

PEAK Pilates – Comprehensive Certification

Discover*Move*Inspire – Masters in Pilates Teaching

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

2014

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

Pilates Connection

6043 Sherry Lane

Dallas, TX 75225

www.pilates-connection.com