

Peak Pilates® Master Instructor Virginia Lang | New Jersey, USA



Why did you start taking Pilates classes?

After struggling with MS for about 10 years, I started taking Pilates to improve my health. I was sick and tired of being sick and tired and I wanted to find a new way of living productively. I thought Pilates would give me a new hope.

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

Pilates Master Instructor?

Pilates positively changed my life, and I thought if I became certified to teach, it would allow me to help others while continuing to help myself. I decided to become certified through Peak because I realized that I would always be employable. Becoming a Master Instructor was just the next step in my journey.

What do you love about teaching Pilates classes?

Certainly the best part about teaching Pilates is getting to meet so many people and being able to influence others and be influenced by others. I just love the community.

What is your favorite apparatus?

My favorite apparatus is the [chair](#).

What makes Pilates such a great workout?

Every part of the body is used during a Pilates workout. Nothing is ignored. And the rhythm and flow keeps the workout moving

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?

I had a client walk into my room with a very sore back that had nagged her over and over throughout her life. She visited

Chiropractors and tried everything she could to find relief. After spending an hour with me, she felt amazing and walked out of the room in relief. She told everyone that would listen. I love when that happens.

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

1. Prepare yourself mentally, as you are about to do something challenging.
2. Aggressively do the work necessary to conquer the challenge.
3. Find a mentor that can partner you in your journey.
3. Trust the process!
4. Look at each module as a stepping stone to a new life.

What's one of your favorite motivational quotes?

"It's all in the attitude: Don't wait for the light at the end of the tunnel. Run down there and light the darn thing yourself!"

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

All my work to become a Pilates instructor was done with Zoey Trap, Kathryn Coyle and Pamela Garcia. I love all three of them. They helped to mold and change me and helped me to create a new life.

Is there anything about you that would

surprise people?

I used to walk with a cane.

✖ General Biographical information:

I've taught movement my entire life; I taught gymnastics for 27 years before beginning my Pilates journey. I also completed my [Comprehensive certification](#) in 2013. and then I joined the MI team in 2014. I took six years to complete my Comprehensive certification as I took time to soak up each leg of the journey. I now work in a hospital fitness center and work with many challenged bodies.

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

Peak Pilates Comprehensive Certification, Pilates Method Alliance Certified Teacher, Peak Pilates Level I Master Instructor, Les Mills Certified in Body Flow and Body Vive.

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:

Robert Wood Johnson Fitness and Wellness Center, and Pivotal Pilates

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