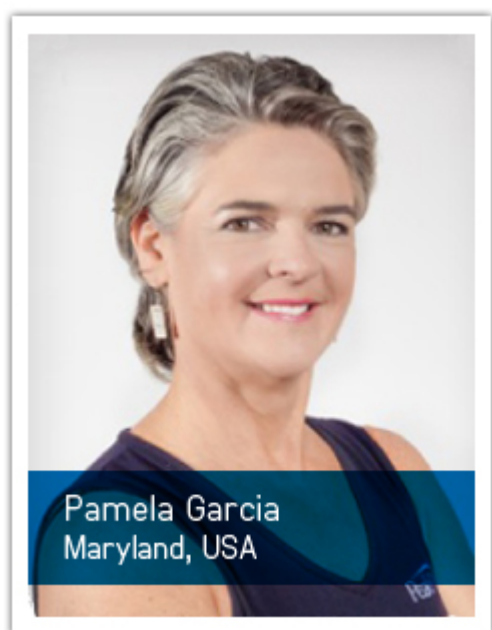


**Peak Pilates® Senior Master
Instructor, Mentor, and
Leadership Team Member,
Pamela Garcia |
Massachusetts, USA**



**Why did you start taking
Pilates classes?**

I began practicing “Contrology” in 1969 as a young competitive gymnast.

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

One of my fondest memories is a client that came in one day and said “Pam, I’m a two hander!” with such excitement and I had no

idea what she was talking about so I asked; What's a two hander? Her response put tears in my eyes; "I can put my socks on with two hands!" That is why I teach Pilates! Pilates is not about the exercises, who cares if you can do Snake and Twist, it's what the exercises create outside the studio.

What inspired you to become a [Certified Peak Pilates Instructor](#) and then a Peak Pilates Master Instructor?

My first Certification was through The Pilates Institute so I could learn who Joseph Pilates was. That experience sent me forward to see what others referred to as "Pilates". My journey has brought me through many houses; Pilates Institute, Power Pilates, Stott Pilates, Peak Pilates, Pilates Center of Boulder Master Program, Lolita San Miguel Master Mentor Program, Polestar Pilates and USPA Authentic Pilates/NY School of Pilates; I have chosen to align myself with Peak Pilates because of their commitment to honoring the integrity of Joseph and Clara Pilates and I truly believe the Peak training materials and education program is by far the best in the Pilates Teacher Training market.

What is your favorite apparatus?

Personally I like the [Chair](#).

What makes Pilates such a great workout?

It's my cardio workout which makes me sweat, it's my strength training and pushes me to my edge, and it increases my flexibility so at the end I fell great! Pilates is everything I need all rolled into one.

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?

During a Powerhouse Workshop in Level I there was a student that was Comprehensively Certified from another school and she was so blown away by the depth that we approached an exercise that she almost cried. She was so upset that although she should have been head and shoulders above the rest of the group, she felt as though she knew nothing. Once assured that she knew a lot but just wasn't sure what to look for, she became a one woman campaign for the Peak Pilates Program, that's our brilliance!

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

Do your homework; Peak Pilates does not give you a Certification for showing up. If you want to bring Pilates into your life, Peak Pilates is the way to go however we require you to work for it. Nothing in life is free and you get what you pay for. You can get Pilates Certified for \$99 online, you can go to a Fitness Convention and get Pilates Mat Certified for \$99-149 and that is not okay for anyone that will be teaching the general population where a sedentary life style and or injury can contraindicate an exercise. Joseph Pilates created "Contrology" an exercise system designed to stretch and strengthen the human body and challenge the mind.

What's one of your favorite motivational

quotes?

Think you can, think you can't; either way you are right.

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

No, I take the Pilates Community for what it is and learn from everyone I have the privilege of working with. My hero would be someone that probably isn't known; quietly humble and staying true to the work.

Is there anything about you that would surprise people?

I'm a pretty open book, what you see is what you get. Off topic is that I'm a great cook.

General Biographical information:

I began practicing Contrology in 1970 as a young competitive gymnast. In 1986 when getting in shape for my wedding I took a "synergy" class which was a Mat class. The Teacher asked me how I knew "Pilates" and I had no idea who Joseph Pilates was and that began my Pilates Journey. My first certification was just to learn about the man, Joseph Pilates, I had no intention of ever teaching. Now my passion is teaching Pilates and I cannot imagine myself doing anything else. Every year for my birthday my husband gives me a new Level I Course with new Classical Teachers to carry on the tradition! I give myself the present of choosing a school and participate in their comprehensive program so I can experience what is in the Pilates Education market.

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

The Pilates Institute, Stott Pilates, Power Pilates, Peak Pilates, Pilates Center of Boulder Master Program, Lolita San Miguel Pilates Master Mentor Program, Polestar Pilates, USPA / NY School of Pilates.

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

1997

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

Pure Pilates Inc.; 412 Washington Street, Norwell, Massachusetts 02061

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