

# Peak Pilates® Senior Master Instructor and Mentor, Lindsay Hendrickson | Georgia, USA



## Why did you start taking Pilates classes?

I started taking Pilates while I was a professional dancer right after college. I had heard about it during my years as a gymnast and a dancer, and as soon as I took my first class I loved it.

## What inspired you to become a Certified Peak Pilates

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

After my first Pilates session, I knew I wanted to [become certified](#) as a teacher, so I began on the pathway as soon as my first session was over. I completed my training with Romans Pilates in 2006. I was asked by Lifetime Fitness to become a Peak Pilates Master Instructor. I was skeptical at first, but after sitting in on a Peak Pilates Level II Training I was so thoroughly impressed with the program, I had to be a part of it.

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

I love being able to give people a chance at a healthy, pain free life. I love being able to help other to things in life that they love to do, and keep their body healthy enough to live the life they want to live.

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

I love the [Wunda Chair](#). It's challenging and a lot of fun. It allows clients to find out things about their body that they may have trouble with on other pieces of apparatus.

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

It combines strength and stretching without being hard on your body. Anyone of any age and fitness level can benefit from Pilates. Pilates is constantly challenging students, as soon as you think you have mastered an exercise, there is always a way to make it harder.

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

I would tell them that it is one of the best programs around, and that they should definitely do it. It will take a lot of time and commitment but it is all worth it and it will change your life in such a positive way.

## **General Biographical information:**

Originally from Downingtown, PA. I graduated from the University of Arizona with a Bachelor of Arts in Communication and a Minor in dance. I was a gymnast for 16 years.

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

Romans Pilates certified. Booty Barre certified.

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

2011

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

I teach at my studio called Inspire Pilates Studio in Kathleen Georgia, which is now an education center for Peak Pilates Mat certifications. I travel around the U.S. to conduct Peak Pilates Comprehensive certifications.