

# Peak Pilates®

Zoey Trapp, Peak Pilates® Master Instructor, discusses the unique approach of Peak Pilates® instructor training. Peak Pilates offers a [comprehensive education](#) system, which progressively advances students through stages of learning and mastery in classical Pilates. They are supported by a global network of renowned Peak Pilates Master Instructors and, as part of the Mad Dogg Athletics® family of brands, students have exceptional access to a wide range of resources.

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