

# Stay Connected

Dearest Peak Pilates® Instructor Community,

We are working diligently to stay connected to you! If you haven't already liked Peak Pilates on Facebook and Instagram, we encourage you to do so. Peak Pilates® certified instructors are also invited to join the Peak Pilates® Certified Instructor Facebook Group. This is a closed group where you can find inspiration, get tips, and attend free educational events.

## Let's Get Virtual

Beyond our social media platforms, we're staying connected through virtual events and education! We have hosted virtual mat certifications, PPC modules, CEC courses, and Community Outreaches. Plug in and hop on!

## Master Classes

Join a Free Friday Master Class (3pm EDT) led and live streamed by our Senior MIs!

- May 1: Mat with More S: Strength! Kathryn Coyle
- May 8: Mat with More S: Stretch! Zoey Trap, MS
- May 15: Clean & Classical! Pam Garcia
- May 22: Mat with a Twist! Cherry Herzog
- PLUS! On May 11 (3pm EDT), join a very special [Mom & Me Master Class](#) with Jolie Becker and her son, Cody (\$15)

**"Ask the MI"** calls are held Tuesdays, at 3pm EDT. These 1-hour Zoom calls enlist the aid of top Peak Pilates Master Instructors to provide information and education at no charge for our Peak Pilates Certified Instructors. So far, calls have covered topics such as "How to Teach Virtually" and "Get to Know the Leaders." Upcoming calls will include:

- May 5: All around the Studio – Maintain and Repair your

Equipment and Save Money with Pam Garcia

- May 12: Rebuilding Your Business after COVID with Kathryn Coyle

## CECs

With this year's PES cancelled, you may be worried about earning CEC's. We've got you covered! We have been busy delivering Virtual Courses to the Pilates World. With May flowers, come more Peak Pilates Virtual Courses that award 2 CECs each:

- May 7 @ 3 pm EDT: [Functional Fitness-Thinking Beyond Pilates](#) with Kathryn Coyle
- May 14 @ 3pm EDT: [Pilates on the Resist a Ball](#) with Zoey Trap, MS
- May 21 @ 3pm EDT: [The Devil's in the Details: Mat](#) with Pam Garcia
- May 28 @ 3pm EDT: [Get on the Stick! Pilates Stick](#) with Zoey Trap MS

For more details and/or to register visit [www.peakpilates.com](http://www.peakpilates.com)

**Finally, there are also a series of workshops that will be hosted by the EU team, but are open to everyone. Please see below for details.**

### **Reformer on the Mat**

Trevor Schoonraad

**Date and time:** Wednesday 13 May 2020

19.00 – 21.00 (Central European Time)

13.00 – 15.00 (Eastern Daylight Time)

10.00 – 12.00 (Pacific Standard Time)

## **Pilates with Dynabands**

Kathryn Coyle

**Date and time:** Friday 15 May 2020

15.00 – 17.00 (Central European Time)

09.00 – 11.00 (Eastern Daylight Time)

06.00 – 08.00 (Pacific Standard Time)

## **Super Psoas**

Trevor Schoonraad

**Date and time:** Wednesday 20 May 2020

19.00 – 21.00 (Central European Time)

13.00 – 15.00 (Eastern Daylight Time)

10.00 – 12.00 (Pacific Standard Time)

## **Reformer on the Resist-a-Ball®**

Zoey Trap

**Date and time:** Friday 22 May 2020

15.00 – 17.00 (Central European Time)

09.00 – 11.00 (Eastern Daylight Time)

06.00 – 08.00 (Pacific Standard Time)

## Reset and Reinvent

Karen Ingram

**Date and time:** Wednesday 27 May 2020

19.00 – 21.00 (Central European Time)

13.00 – 15.00 (Eastern Daylight Time)

10.00 – 12.00 (Pacific Standard Time)

## Lower your Backache on the Mat

Helga Sylvester

**Date and time:** Friday 29 May 2020

15.00 – 17.00 (Central European Time)

09.00 – 11.00 (Eastern Daylight Time)

06.00 – 08.00 (Pacific Standard Time)

## Spice Up Your Mat

Helga Sylvester

**Date and time:** Wednesday 3 June 2020

19.00 – 21.00 (Central European Time)

13.00 – 15.00 (Eastern Daylight Time)

10.00 – 12.00 (Pacific Standard Time)

## Anchors Away!

Trevor Schoonraad

**Date and time:** Friday 5 June 2020

15.00 – 17.00 (Central European Time)

09.00 – 11.00 (Eastern Daylight Time)

06.00 – 08.00 (Pacific Standard Time)

### **Pilates for Cyclists**

Zoey Trap

**Date and time:** Wednesday 10 June 2020

19.00 – 21.00 (Central European Time)

13.00 – 15.00 (Eastern Daylight Time)

10.00 – 12.00 (Pacific Standard Time)

### **Apparatus Update**

If you haven't heard, there's a new Spine Corrector on the block. It's gorgeous and functional. Watch for an upcoming free introduction of this piece's special features along with a free spine corrector workout. Details will be posted on Facebook.

Demo Equipment is available and it's a great way to help yourself and your students to work out while home bound.