

So Much to be Thankful For!

As we near Thanksgiving, it's time to stop and take stock of the past and to express our gratitude. At Peak we have so much to be thankful for. First of all, we are thankful to each and every one of you who does Pilates, teaches Pilates, and shares his or her passion with all around them. You are the reason we exist. Thank you.

Coming through COVID, our EDU Centers worked hard to stay viable serving their student community and the Peak Pilates® Instructor Network. We are forever thankful for their commitment, creativity, and concern in reaching out in new ways.

We are so grateful to our amazing MI Team. Last year we graduated 10 new MI's from 5 countries, and we recently just graduated 12 more graduates from 6 countries! It's a rigorous pathway and a huge commitment and we couldn't be more proud of these exceptional individuals.

When times get tough, if you're lucky, you grow. We are thankful that we did indeed grow and pivot as well as offered many firsts during COVID that have become mainstream. We were early to adapt to virtual and "what CAN we do?" became our rallying cry and that led to Free First Friday workouts on Facebook, free workshops on virtual teaching, and finally to opening up virtual CECs.

Over the last few years, we have grown to offer a minimum of 2 CECs a month virtually that support your learning from the comfort of your home or studio. At the same time, we are growing our online library of CEC offerings.

Last fall we organized our first ever virtual PES convention with industry leaders presenting and attendees from all over the globe. And more excitingly, we returned to offer a live PES this past September. This sold-out event was a loving

coming together to celebrate our community and support learning.

And we are so thankful for Amanda Meehan. Amanda is the Education Manager for Peak Pilates and has brought her many gifts to make us better organized and more efficient than ever before. She is truly the gift that keeps giving.

As we look back, it's amazing how we have grown our brand and community globally! Thank you for all you do to make us #Peakstrong!

By Zoey Trap, MS