



Courtney Weis

Courtney joined the Peak Pilates Master Instructor Team in 2017. She is the Team Leader for new FitCore™ program and a member of the Peak Pilates Advisory Board, as well as an MI Mentor. Courtney has spent 25 years in the fitness industry teaching group classes and clients, managing and mentoring instructors and designing programs. Courtney recently was the featured instructor in four FitCore™ workout videos.