



## **Zoey Trap, MS**

*Peak Pilates® Executive Director of Education & Training*

**Zoey Trap, MSc, PMA-CPT** has long been the driving force behind Peak Pilates® co-authoring all early manuals and recently authoring the new Peak Pilates Classical Comprehensive program. Zoey has been a movement educator for over 40 years, a mentor for 25 years, Zoey has an MS in exercise science and a research focus on alternative therapy and the spine. A popular international presenter, her workshops reflect a commitment to staying abreast of the latest trends and research in mind-body.