

Zuzana Gemmel has been teaching Pilates since 2013 and joined the Peak Pilates® Master Instructor team in 2021. She is also a certified Franklin Method® educator and owns Pilates de la Rue in Switzerland, where she offers certification courses and workshops. Zuzana is passionate about helping clients improve body awareness, strength, and flexibility through dynamic alignment and efficient movement. Her approach often alleviates pain, and she believes Pilates can be adapted to suit everyone.