



Susan King is the founder of Pilates Hub, a welcoming and inclusive Boutique studio specialising in 1:1 and small group classes. She has an infectious passion for Pilates, movement and health in general, and brings an inquisitive approach to her practice and teaching.

- **Innovative Problem Solving**
- **Creative thinking**
- **Attention to detail**

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PILATES EDUCATION

- **PEAK PILATES (Barefoot Studios, Wales)**
 - PPC III (Comprehensive) (2018)
 - PPC II (2016)
 - PPC I (2006) (**Classical Pilates UK, Scotland**)
- **ART OF MOTION ACADEMY**
 - Anatomy Trains in Motion (Anatomy Trains) (2021)
 - Slings Essentials (2021)
 - Slings in Motion Blend (2021)
- **THE CENTRE FOR WOMENS FITNESS**
 - Rocking & Rolling to Release (2021)
 - Support Your Floor (2021)
 - Diastasis Recti Recovery (2021)
- **STOTT PILATES (London)**
 - Injuries & Special Populations (2013)
- **FLETCHER PILATES (Online)**
 - Ped-i-Pull (2023)
- **WORKSHOPS & CONFERENCES**
 - TEN Pilates Advanced Dynamic Reformer (2024)
 - PMA Conference (2019)
 - Building the Ultimate Back: Rehabilitation to Performance. Prof Stuart McGill (2012)

WORK HISTORY

- Pilates Studio Owner (2016-)
- Pilates Teacher (2006-)
- Personal Trainer (2004-2006)
- Met office, Trainee Weather Forecaster (2004)
- Royal Navy, Officer: Lieutenant (2000-2003)

ACADEMIC EDUCATION

- STAFFORDSHIRE UNIVERSITY
 - **PG Dip. Applied Sport and Exercise Science (2011)**
 - Applied Sport Psychology
 - Coaching Behaviour: Theory, Research & Application
 - Physical Activity and Mental Health
 - Physiological Support of Athletes
 - Sport policy and Practice
 - Understanding Injury in Sport & Exercise Settings
 - Research, Critical Analysis and Project Management
 - Skill Acquisition in Sport
- MANCHESTER METROPOLITAN UNIVERSITY
 - **BSc (Hons) Economics and European Studies, 2:1 (2000)**

OTHER EDUCATION

- **CORNWALL RESUS FIRST AID**
 - Emergency first aid at work (valid Jan 2025)
- **GYROKINESIS (LEDA FRANKLIN)**
 - PreTraining (2015)
- **DEVON SCHOOL OF YOGA**
 - Foundation Course (not teacher training) (2015)
- **PREMIER TRAINING AND DEVELOPMENT**
 - Dip. Fitness Training and Sports Therapy (1996)
 - RSA Cert. Exercise to Music (1996)

NOTABLE EVENTS

- The Joan Angus flying scholarship 2000
- Royal Navy University Bursary £1500 academic year 1999-2000
- Svalbrad Arctic Expedition 1998
- Juneau Icefield Research Program 1999
- The Explorers Club of New York \$1000 Grant 1999