

Keep it Fresh with FitCore™

Stay inspired teaching groups and keep your classes fun and fresh with Fitcore™ – Pilates fusion. FitCore™ is a blend of Pilates inspired movement and traditional body weight fitness exercises. Workouts are designed for the mat, chair and reformer.

We combine the foundations of Pilates; moving from the powerhouse, Pilates key concepts and alignment tools with the fun factor of group fitness; energy, music and camaraderie for a flowing, sweaty workout.

FitCore™ is pre-designed in a block format. Each block, approximately 6-8 minutes, has a specific focus or body position such as, standing strength, supine ab activators or prone extension. Choreography updates follow the same blocks with innovative and balanced exercise flow. The block format makes it easy for instructors and takes the guesswork out of teaching. The FitCore™ innovative use of pre-designed choreography also allows instructors to mix and match options to create a variety of well-balanced workouts that utilize different equipment pieces, all in one workout. Instructors receive workout updates that keep classes varied and students excited to learn more. In that way, every instructor can be successful.

Just as group classes have participants of various fitness and experience levels, FitCore™ blocks are progressive with multi-level exercise options, appealing to most fitness levels. For example, a standing strength chair progression block looks like this:

Stand in parallel facing the pedal.

- Lunge back and return legs to parallel
- Lunge back and tap the pedal
- Lunge back and press the pedal down

The combination starts $\frac{1}{2}$ time and moves to tempo and includes arms for the more advanced participants.

Join Courtney Weis on November 22, 2024 for “Keep it Fresh with FitCore™.” Get a taste of all three fusion formats – mat, chair and reformer. Practice the new block choreography and learn more about the fusion program.

Freshen up your groups by adding FitCore™ fusion to your classes. Enhance your class with a block of FitCore mat, offer a circuit class with all 3 FitCore™ formats – mat, chair and reformer or add a full FitCore™ class to you your group schedule. Your students will be inspired and want to come back for more!

Keep it Fresh with FitCore™ – Virtual Workshop – November 22, 2024

Location: Online

Date and Time: November 22, 2024 – 1:00pm – 3:00pm (Central)

To register:
<https://peakpilates.com/keep-it-fresh-with-fitcore-virtual-workshop-november-22-2024/>