

FITCORE™ MAT

POWERED BY PEAK PILATES®



FitCore® Mat by Peak Pilates® is an innovative fitness fusion program that combines the best of Pilates matbased exercises with body weight exercises and stretches for a total mind/body workout experience!

Rev up your students heart rates and deliver a balanced and fun class that carries all the benefits of a quality Pilates practice. Keep them happy, sweaty and so much stronger with FitCore® Mat.

Objectives

At the end of the FitCore® Mat course, the instructor will be able to:

- Teach 10 base positions and variations used in Pilates and correct the most common errors that occur with mat-based exercises
- Know the 6 Pilates Principles and Alignment Tools
- Cue the core for maximum impact!
- Choreograph an exciting and effective workout!

Includes

- Online course material including an exercise library, workout videos, audios and a downloadable workbook manual
- Teaching tips and choreography notes

Certification

Upon successful completion of all assignments, hours and a passing score of all assessments, a FitCore® Mat Group Instructor Specialty Certification is awarded!

Prerequisites and Requirements Fitness professionals welcome! Group X, Personal Trainer, Pilates or Yoga Certification.

CECs

11 Peak Pilates® CECs

NOTE: Registration closes 2 weeks prior to the course start date so students can complete the online pre-course homework.



FITCORE™ REFORMER

GET READY
GET SET
GO!

FitCore™ Reformer by Peak Pilates® is an innovative fitness fusion program that combines the best of Pilates reformer-based exercises with bodily weight exercises and stretches for a total mind/body workout experience! Expand on your reformer workouts to include these pre-programmed, balanced workouts with high sweat factor.

Objectives

At the end of the FitCore® Reformer course, the instructor will be able to:

- Properly set up the reformer
 - Know the 6 Pilates Principles and Alignment
- Tools
- Cue the core for maximum impact!
 - Teach the base positions and variations used in Pilates reformer work
 - Choreograph an exciting and effective workout!

Includes

- Online course material including an exercise library, workout videos, audios and a downloadable workbook manual
- Teaching tips and choreography notes

Certification

Upon successful completion of all assignments, hours and a passing score of all assessments, a FitCore™ Reformer Group Instructor Specialty Certification is awarded!

Prerequisites and Requirements

Fitness professionals welcome! Group X, Personal Trainer, Pilates or Yoga Certification.

Attendees must have access to a reformer for this course.

CECs

16 Peak Pilates® CECs