

FOR IMMEDIATE RELEASE:

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Venice, California USA: Mad Dogg Athletics, Inc. Headquarters.

Peak Pilates® Releases New Fitness Fusion Program - FitCore®

Peak Pilates® is pleased to announce the release of their new fitness fusion program – FitCore®. FitCore® combines Pilates Mat, Reformer, Chair and Pilatesstick® with bodyweight exercises from traditional fitness, yoga and other movement disciplines. The FitCore® innovative pre-designed choreography and teaching methodology means that every instructor can succeed and every participant can thrive.

FitCore® Group Instructor Specialty Certifications [<https://peakpilates.com/fitcore>] are offered through Peak Pilates® for those who would like to become instructors. Certifications combine online and instructor-led workshops – which are offered both virtually and in-person – and they include mat, chair, and reformer formats.

As Peak Pilates Executive Director of Education and Training, Zoey Trap, articulates, “As we come out of confinement seeking our tribes, the group fitness class movement will continue to expand. When group classes are well-designed with balanced workouts, they can be a powerful way for people of different experience and fitness levels to come together. With new FitCore® workouts rolling out regularly, clubs and boutiques will be able to keep both their instructor and member interest high. Instructors will learn new ways of approaching movement and fusion that will enhance their teaching toolbox. Members will also benefit from the addition of a cross-discipline approach of movement modalities from Pilates, weight bearing exercise and yoga – each with a focus on working from the core. FitCore® is a great complement to any existing workout routine.”

About [Peak Pilates®](#): Peak Pilates®, the leading choice of experienced Pilates professionals worldwide, provides the complete Pilates solution, including innovative equipment designs, expert consulting services and unparalleled instructor training. Well known in the industry for its knowledgeable staff and high-quality equipment, Peak Pilates® incorporates original designs with technological advances to enhance safety and performance. Committed to advancing the quality of Pilates education worldwide, Peak Pilates® training programs preserve the integrity of the Pilates method while making it accessible, affordable, progressive and user-friendly. Find out more about Peak Pilates® equipment, products and education at peakpilates.com.