

Full  
Bio



# NICOLE SMITH

**Internationally-Renowned Pilates  
Influencer & Trainer**

Nicole is a highly-sought after Teacher and Teacher Trainer recognized nationally and internationally for her commitment to Pilates & Pro-recovery approaches. For over 15 years, Nicole has provided training & continued education in Authentic Pilates, Comprehensive Fitness & Wellness Methods empowering individuals with a deeper understanding on balancing the mind & body. Nicole is also the proprietor of **CoreLOVE Culture**, a Pilates, Fitness, & Rehab Studio in Philadelphia, PA with training available in-person and online.

## FEATURED IN



- ✓ **Proprietor of CoreLOVE Culture.**
- ✓ **Pro-Recovery Specialist.**
- ✓ **Fitness Professional & Advocate.**
- ✓ **Performing Artist.**
- ✓ **Athlete.**

Nicole holds Certifications through accredited programs, **Romana's Pilates International** & **MetroPlex Pilates**.

She is the **go-to trainer for NFL players** from several teams, works together with the NFL Philadelphia Eagles Organized Team Activities (OTA) during Off-Season Training Camps, and Resident Pilates Trainer for the NFL Philadelphia Eagles.

Nicole is featured in and produced "**I Just Want To Be Great.**" a story by Nicole Smith, directed by Rebel Monkey Productions, and Sponsored by Gratz Industries, the leading Pilates Equipment Manufacturing company.

She is a regular on **Pilatesology's** Interactive online Pilates Resource featured with the best teachers in the world.

Nicole heads several initiatives including co-founding the **Global Pilates Organization**, lobbying for Pilates professionals to be recognized as meeting healthcare industry standards. She also offers a **Youth Athlete Pro-Recovery Program** that raises funding for high school to collegiate level athletes for Pilates training.

## LET'S WORK TOGETHER!

Book her to visit your organization for Private Teaching, Workshops, Speaking Appearances, and more.

**View Signature Topics.**

*Inquire Here*



**30.9K**

@coreloveculture



**15K+**

Reels Video Views



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