

LET'S WORK TOGETHER

NICOLE SMITH



BOOKINGS AVAILABLE

- ✓ In-Studio Private & Group Pilates Training at *CoreLOVE Culture*.
- ✓ Brand Partnerships.
- ✓ Program Development for Athletic Departments, Corporate Wellness, and more.
- ✓ Continued Education Opportunities.
- ✓ Touring Events & On-Location Residency.

SIGNATURE TOPICS

Curated by Nicole Smith. Custom Curation for Event and Workshop Themes Available.

SIMPLE, NOT SIMPLER

Fundamental review on how to teach exercises from basic to advanced.

BOXES OF THE BODY

Shoulder to shoulder, shoulder to hip, hip to hip, hip back up to your shoulder – is that the only box you see on the body? In this workshop, we will explore different boxes in the hands, feet, and head.

KEEP IT SIMPLE

Basic doesn't mean it's easy. From time to time, we want to push clients to the next level without making sure the client has received the most out of their basic practice.

BASIC IS NOT BASIC

Understanding all basic exercises. In the workshop, we will utilize multiple apparatus.

ATHLETES OF ALL AGES

Everyone is an athlete, we just have to tap in to make them believe they are. Explore how to make clients feel athletic.

MORE THAN JUST A CHAIR

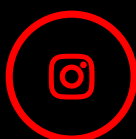
Have you ever flipped your Wunda chair? This workshop will ignite your creativity with using exercises from the mat work to find new depths of each movement all the while keeping integrity of the method.

CONTROLLED TENSION IN HANDS AND FEET

Tenacity in the hands and feet are the master of your practice. We will work on strengthening and stretching the hands and feet.

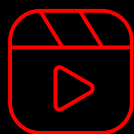
GYM IN A DOORWAY

All things Guillotine – sitting, standing, rolling, flipping, and hanging. This workshop will redefine how you use the gym in a doorway (*2 Part Workshop*).



30.9K

@coreloveculture



15K+

Reels Video Views



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