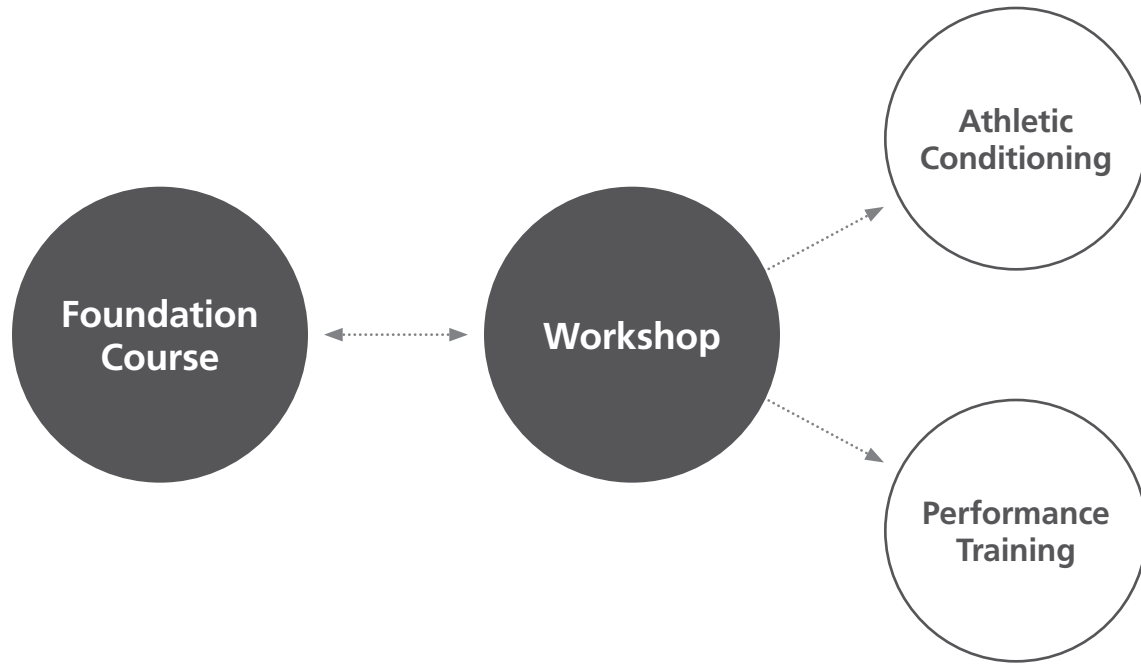


CORE[™]

Career Paths



Instructor Foundation Course

This course introduces concepts of athletic conditioning and performance training. The Principles cover alignment and biomechanics for the major joints involved in athletic performance. It emphasizes proper movement mechanics and appropriate applications.

Upon receipt of your certificate after completing the CORE Foundation Course you are entitled to identify yourself as a CORE[™] Qualified Instructor.

Workshops

Designed to support the groundwork learned through the Foundations Course, CORE workshops offer specially programmed workouts that build on content and choreography. Including focus on athletic conditioning and performance training and divided by two streams.

Athletic Conditioning

Learn about improving components of athleticism such as strength, flexibility, dynamic stabilization and agility.

Performance Training

Learn functional movement patterns to prevent injury and improve performance in a particular sport.