

Core Wisdom in Boulder Adds Two New Pilates Classes

Core Wisdom, a boutique Pilates studio in Boulder, Colorado, has recently added 2 new exciting classes to its schedule.

BOULDER, COLORADO, UNITED STATES, October 4, 2023 /EINPresswire.com/ -- Core Wisdom, a boutique [Pilates studio in Boulder, Colorado](#) is thrilled to announce the addition of two exciting new classes to its schedule. These innovative classes, the Balance/Strength/Mobility class and the Ski Conditioning class, are designed to elevate the studio's commitment to holistic fitness and overall well-being.



Lead Instructor Kim Robins assisting a student in our Boulder, Colorado Pilates studio

Balance/Strength/Mobility Class: Rediscover Your Center

This new class is a dynamic addition to Core Wisdom Pilates' repertoire, focused on helping participants achieve a heightened sense of balance, improved strength, and enhanced mobility. In today's fast-paced world, where stress and sedentary lifestyles often take a toll on our physical well-being, this class offers a much-needed respite.

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If you're looking to practice Pilates in a safe setting where you'll receive personalized guidance, we're the right studio for you.”

Kim Robins

Ski Conditioning Class: Prepare for Peak Performance

With its majestic mountain ranges and world-renowned ski resorts, Colorado is a haven for winter sports enthusiasts.

Core Wisdom Pilates recognizes the importance of preparing for the ski season and is excited to introduce the Ski Conditioning class. This specialized class is designed to help skiers of all levels build the strength, endurance, and mobility necessary for a successful and injury-free season on the slopes.

Why Choose Core Wisdom Pilates?

Core Wisdom [Pilates in Boulder](#) has earned a stellar reputation in and beyond for its unwavering commitment to promoting health and well-being through mindful movement. The addition of these two new classes reinforces the studio's dedication to providing a comprehensive range of fitness options that cater to a diverse clientele.

"At Core Wisdom, our mission is to empower individuals to live healthier, more fulfilling lives," says Kim Robins, owner and lead instructor. "These new classes align perfectly with our ethos, offering participants the opportunity to enhance their physical fitness, find balance, and connect with their bodies on a deeper level."

About Core Wisdom: [Core Wisdom is a boutique Pilates studio in Boulder, Colorado](#). Founded in 2004, we offer a friendly and inviting environment where students receive instruction tailored to their individual needs, ensuring a personalized and transformative experience. With over 25 years of teaching experience, we are here to guide you every step of the way, regardless of your age, experience or goals. If you're looking for private instruction or Pilates classes in Boulder, we'd love to have you join our community!

Kim Robins



Pilates reformer classes in our Boulder, Colorado studio



Private Pilates lessons in our Boulder, CO studio

Core Wisdom

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