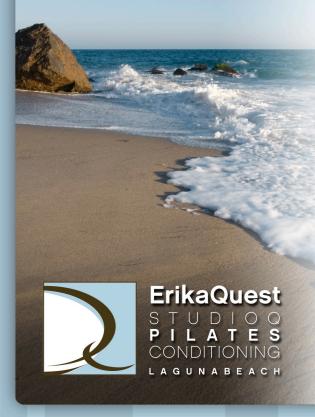


Pilates Infused Circuits + Props

Instructor

Erika Quest

Introduction



Pilates Circuit Training is an innovative way to take small groups of clients and provide an inventive and cardio driven circuit training session.

Pilates inspired repertoire and utilization of small props (optional) will be spliced into rotations to keep your heart rate up and whole body challenged.



PMA – NCPT
Balanced Body Master Instructor
BASI Graduate
BOSU Elite Development Team
IDEA Fitness Expert/Author
Former Corporate Marketer



Introduction ErikaQuest

Fusing Pilates movement patterns, we will focus on ways to implement repetition-based circuits in any moving environment.

You'll walk away with 2 circuit structures and exercise ideas to infuse in your classes.

Why Circuit Training?

- Maximize time
- Improve any fitness component
- Progress athletic skills
- Ignite metabolism
- Change up routine



Circuit Goals

- Ability to sustain muscular force production and skill execution
- Time under tension
- Quality vs. quantity



