**PILATES INFUSED CIRCUITS WITH PROPS: READ ME FIRST**

Hi there! I'm so glad you're here. Circuit training is a fantastic way to share variety with your clients in any moving environment and particularly unique to the Pilates studio setting.

In this course, you’ll learn simple repetition-based circuit exercises and strategies which supports a vast array of clientele. Whether you’re a personal trainer, group fitness instructor or Pilates teacher you’ll benefit from learning efficient and effective ways to infuse circuits with your clients and classes which are fun, functional and full body.

Let’s dive in!

**Course Downloads:**

Video sample is available for you to watch in a simple 10 repetition-based 4 exercise circuit on a mat, so you can get an idea of how easy and effective circuit training is.

Each video lecture is supplemented by downloadable PDFs and then a library of quick clips will help you pull together circuits to utilize with your clients, classes and even yourself right away.