

Post n-1:



Thinking about trying Pilates? 🤔

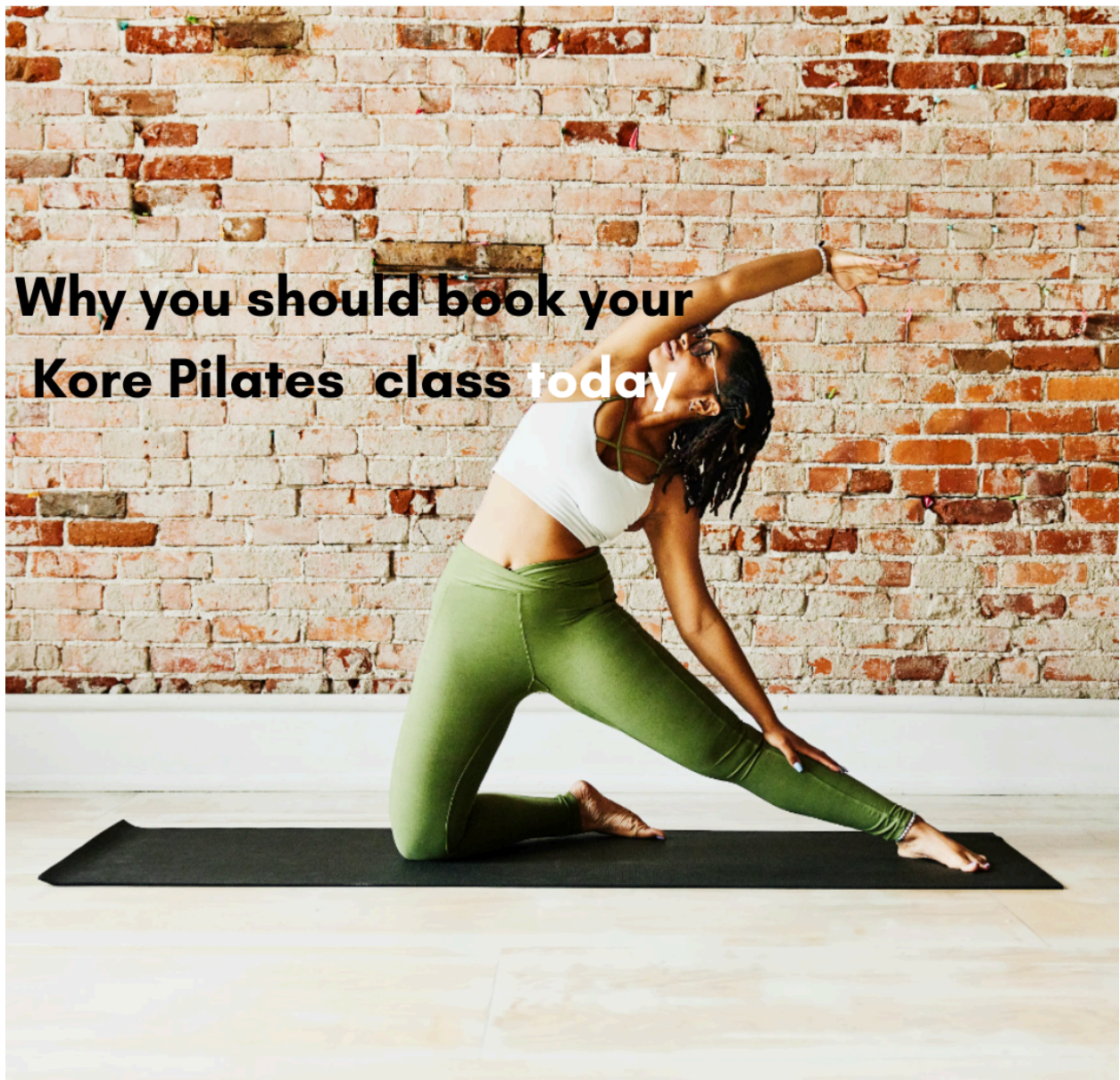
Picture what your body would look like if you did Pilates for just 2 weeks, straight!

How would you feel like? What would you LOOK like?

Join one of our classes in LA! Schedule link in bio.

3500 West 6th St, Ste 307

Post n-2:



So you're thinking about starting Pilates, huh?

Honestly, I don't blame you; I'd run into a studio after I saw Kourtney Kardashian doing Pilates.

If you're currently in LA, book a class with top-tier instructors, and I'll see you there ;)

Schedule link in bio!

3500 West 6th St, Ste 307

Post n-3:

Are you missing this crucial aspect of your Pilates journey?

There's an overlooked aspect of working out and Pilates you can use to put your Pilates journey on overdrive. 😊

Most people ignore this step and end up falling back over and over and over again, And...

Don't make it in 2024

And it's consistency; it's not about just thinking about it but putting it into place.

Tip of the day!

(put it in the swipe ting')

Post n-4:

What to do if you want to get that "Pilates Body" glow 🙌👁️...

It's not sweating buckets at intense HIIT workouts, it's not SPIN, and it's not chugging 12 green smoothies a day... 😭

As cliché as it may sound, if you do these 3 easy habits a day, I can guarantee...

You'll see muscle toning in the first 30 days if you:

- Eat mindfully; it helps with digestive health, stress reduction, and weight management.
- Stretching sessions daily help blood flow and muscle tissues.
- Join a Pilates studio, because that's where 75% of the Pilates Body comes from!

Luckily for you, Kore Pilates teaches every **BODY** Pilates. 😊

Schedule a class; link in bio!