

Do you want to feel lighter on your feet when you run? How about faster with more endurance and less pain? These are just a few of the things that runners tell us they gain with a regular Pilates practice. In this program, Pilates for Runners, you'll join Pilates expert Victoria Tori Kappen in a four phase program designed to give you the core strength, speed, stamina and flexibility you need to crush your run.

You'll get a short pre run core warm up and post run recovery that bring Amazing Results 5 Cross Training Workouts aimed at building endurance, speed, flexibility and core strength a recovery workout designed to realign your body and provide vital circulation to your joints and muscles and a bonus quick and killer abs challenge.

Join us and find out what a difference Pilates can make when you run.