



YOU Can Become a Certified Core Functional Fitness™ Instructor

Are you ready to discover what your “CORE” really means?

Discover the core muscles that are ESSENTIAL to every exercise and everyday life.

Core Functional Fitness Teacher Training Level 2: Applying the Principles

- Continue your training to become a Certified Core Functional Fitness™ Instructor.
- Revisit how proper core activation will increase whole-body function and reduce injuries for your students.
- Review lessons in anatomy and movement.
- Learn the basics of fascia, movement and body mapping to change how you look at students, movements and injury!
- Gain hands-on practice through group work.
- Learn how to train special populations and discover how to integrate CFF into personal training.
- Learn how to market yourself and your CFF program
- Receive sample CFF classes and one-on-one coaching from Hope Zvara to get your program started!
- Training includes 60-page foundational manual

Recommended for fitness professionals, therapists,

ABOUT CORE FUNCTIONAL FITNESS™

Core Functional Fitness was created in Wisconsin in 2010 by Hope Zvara to address the ineffective methods and practices taught by many Pilates, yoga and fitness instructors. Now a registered method of movement and fitness, Core Functional Fitness introduces the importance of body alignment, presents mindful movements and explores functional postures (exercises) to improve overall core health and everyday wellness. HopeCoreFitness.com



**OCTOBER
23-24, 2014**

WEEKEND PROGRAM

Meets on Saturday & Sunday

Sat., Oct 23: 8 am – 5 pm

Sun., Oct 24: 9:30 am – 5 pm

Register Today!
Early-Bird Pricing
\$ 397 days before
\$597 after

APPLY ONLINE

<http://hopecorefitness.com/teacher-trainings/>

For more information, email

Info@coppertreewellnessstudio.com



Copper Tree
YOGA STUDIO
AND WELLNESS CENTER