

## Director's Bio:

Director for Core Movement, Janine McNerney is a comprehensively certified Pilates Teacher, studio owner, and in her practicum phase as a practicing Manual Osteopathic Therapist. Movement is her passion, with professional dance performance background performing in Arizona and China, and holds Masters of Dance from the University of Arizona graduating in 2007. For Janine, seeing where flow and precision merge for optimal health is even better when paired with joy and vitality.

## Core's Team Philosophy:

We are coming to you as a team, and as a team we offer a variety of voices all with the same underlying goal. We strive to provide programs that enhance movement ranging from injury recovery to athletic performance. Oftentimes one teacher will say a cue at a slightly different moment, or different tone than another, which collectively will bring you to a deeper level of knowledge in the work. Those "aha ha" moments or lightbulbs are what we look for when teaching. It's your body, your journey, but we are right here along side with you. Cuing to help deepen your understanding of your body, the vehicle you live in every day. Pilates is so much more than stretching on a mat. Our vision is to work with YOUR body to help YOU function optimally while gently working within your body's needs.

## Certification and Training:

- Certified Mat 1, 2 and 3
- Certified Props and Axillary Equipment
- Anatomy
- Comprehensive Training Apparatus

## About Core Movement :

- Core Movement was established in 2008 in the Parkland community, starting out as a home based business that moved to a commercial space in 2013. We are proud to be the first fully equipped Pilates studio in the area, offering the full breadth of the Pilates method. Core Movement is also home to in person apprenticeship style teacher training, and embraces all styles of teaching.

## Learn More About the Team:

- Bios for each of the teachers can be found directly on at [www.coremovement.ca](http://www.coremovement.ca) under the about us section and all teachers have professional instagram accounts to get to know them better!