



CORE Personal Training & Pilates has a brand new facility located at: 12720 Darby Brooke Court, Woodbridge, VA 22192. CORE is owned and operated by Ruth Ennis Gordon, a resident of Woodbridge, VA for the past 13 years.

We are like no other studio in the Woodbridge area. We have two separate “studios” within our studio, one designated to Pilates and the other to traditional/functional training. In our traditional/functional training area you will find a variety of tools to help you reach your goals. Our Pilates studio is inviting and relaxing to help you focus on getting the most out of your session. We strongly encourage an integrated training approach to help you reach your ultimate fitness goals.

Our specialties include: Small group and individual traditional/functional training, Pilates training, Spinal Stabilization training, Golf Conditioning, and Sports Conditioning.

With our personal attention to your needs and goals, you are guaranteed to see results!!

HOURS of Operation:

M-Th 9am-7pm

Fri 9am-4pm

Sat 9am-12noon

We operate by appointment only, and can schedule session outside our normal hours of operation when needed. Please call (703)490-CORE (2673) or email us at: [rgordon@coreptilates.com](mailto:rgordon@coreptpilates.com) to set up your complimentary consultation. In addition, if you would like to receive our e-newsletter that contains our monthly specials and coupons, please send us your email address with your request.

Also, visit us on the web at: www.coreptilates.com



