

## Say “Yes” to discovery

Core Centric’s mission is for the you to understand the body: how it moves, what capabilities you want to have and how to get them – so you can be more comfortable and confident today and tomorrow.

Learn the tools to assess where you are. Gain the confidence to know what you need to thrive. Make the time to take action.



Strength & Balance

Flexibility & Stability

Muscle & Fascia Recovery

Nutrition Behavior Change



Sandi Silagi and Michelle Reed

### Core Centric Elite Training Center

Vashon Village  
17205 Vashon Hwy SW  
Suite B3  
Vashon, WA 98070

Phone: 206-388-8953  
Web: [CoreCentricTraining.com](http://CoreCentricTraining.com)  
E-mail: [info@CoreCentricTraining.com](mailto:info@CoreCentricTraining.com)



Personal Training



Lifestyle Coaching



## Discover your superpowers



Pain, illness, injury and a busy schedule are just a few examples of how our mind and body disconnect. Disconnect effects the efficiency of our body's length, strength and power.

**Body sense** as a metric allows you to measure what is working to improve your structure. Increasing the practice of body sense is essential for assessing if our self-care choices are positive, neutral or negative for our health.

Feel your reach. **Length**, the extensible quality of tissue, allows the body to move while simultaneously stabilizing the spine, joints and organs. Build your **strength** practicing movements at slow speeds. Find your **power** through length and strength. Move at variable speeds with ease.

Build a plan to move you towards your dreams.



# CORE

## Movement Studio Coaching

Start Up Package	\$200
Personal Training 55 min	\$82
Auto Pay	\$72
8 Pack	\$565.75
Personal Training 30 min	\$60
Auto Pay	\$49
8 Pack	\$393
Buddy Training 55 min	\$60 each
Auto Pay	\$49.00
8 Pack	\$393
Drop in Class	\$22
5 Class Card	\$100
10 Class Card	\$180
15 Class Card	\$245

BioMat 30 min Rest      \$10

Late Cancellation Policy: 24 hour cancellation notice required to avoid session charge. Late cancellation due to illness or family emergency is \$25, all other late cancellations are the cost of the session.

All services and products are subject to sales tax

# N7N

Lifestyle Coaching

N7N is the act of living your best life. Our practice guides you to build your best life through assessments and choices based on the information collected via body sense.

N7N is a cycle of assessment, action, effort, re-assessment and adjustment. The goal is to make small consistent changes. Learn to discover your strengths, natural abilities, challenges and dislikes. Nourish your acceptance of self and strive for your desires in an achievable healthy system.

N7N can be applied for increased mobility, better strength, improved balance, resiliency and weight loss. Use your tools. Create your map. Follow your dreams.

Online Coaching      \$45/mo

5 Coach Chats      \$100

Host a 90 min workshop      \$300\*

\*Group of 8



*Be your everyday athlete*