

## GDL House of Core

Welcome welcome back to Good Day live The whole place Just got a whole lot cooler We have the lovely ladies of the house of Core on our a lovely couch How are you Good How are you So good Um OK Names I'm Drew Appreciate the pause I'm Paula So nice to have you here I'm obsessed with Pilates So I'm and I'm sure you all are as well Right Go ahead You first you're the novice novice I have so many questions I don't know what's going on over here Um What makes you guys a team Oh that's a great question I think our our friendship and and just how organically all of this evolved from we'd known each other from another studio and you know we lost that avenue of of the hub where we used to go And so we stay connected and started throwing out ideas and kind of came up with this concept and you know I think like what makes a team work is the work You know it's been a lot of work and we just dug in and embraced it and it's been really fun too because we have fun together I think that's yeah I cannot Compatibility I think we're great We're a great compatible team of uh we all bring something different We have different personalities and we just like fit perfectly really together Yeah Yeah we are That's awesome I love it so much Um how did you discover Pilates And how did it change your life I discovered it back in 2008 and it changed my life dramatically Like it's the became my workout first of all which you know it just changes your body shape If you just wanna talk physicality it makes your it kind of makes your muscles sit on top of your bones the way they're supposed to right And uh you know and strength training is super important Your bones need that friction between the tenements and ligaments and muscles to stay strong I always say like think about what you want the last 10 years of your life to look like reverse engineer from there I love that I think Pilates is like the perfect the perfect sport because it's it's it's not impact strength training So like you know I mean look you can get hurt if if you don't have someone there guiding you that knows what they're doing Great Oh absolutely Because it's no joke Yeah But but overall like if you know what you're doing like it's it's pretty low impact Yeah about Wendy What about for you Uh For me it was also 2008 Um I was um just working all the time and then I thought you know I really need to incorporate uh something where there I have a schedule so I will do it Um I was always running at that time but if I don't have something scheduled in my already kind of booked schedule then I don't end up doing it And it so it was nice that you know I knew where I was going every day at

what time So that that worked well working it into my work schedule Yeah And Paula Uh well many different reasons Uh I've always been very active and in different workouts and I wanted to try it I think when I met many years ago I fell in love immediately Really It's an amazing workout Uh it changed my body it changed my posture which is the main thing I always you know I always have a problem with that It's incredible It just like slings you up I'm telling you that is is that's the solution And so just it it makes you straight all the time And uh yeah that's how we met fell in love with mostly just showing up every day with the incredible women It became like a hangout It yeah it becomes like this whole like community and and you know because look a lot of men actually do come you have to come it's close by you right at the street from you guys How far away from the studio Are you all night Do you hear that I'm joining Like that was the one thing where it said I said to Andy I was like I can be at the studio all the time if there's a plot studio next to her So yeah that would be amazing That would be amazing Oh I love it so much Ok So you're opening win next month next month We're just finishing up our renovations right now And what a great time to open January people Are you want new New Year's decoration And what a great location Brentwood I mean people here love Pilates Yeah And love health Yeah Yeah I feel like it's a walking community So it is We're so excited to be here Oh that's so exciting Well we're excited to have you in the neighborhood I'm I'm thrilled Um uh uh So for those that are watching that don't know enough about Pilates what can you say to those that would uh want to come to your studio or check it out or what can you um you know don't be intimidated to try it because some some people I think are like oh I've never been so I'm scared Don't just try it just try it You will fall in love I call it It's almost like the lazy man's perfect workout Like I don't have the time I like listening to music You know touching you know when I'm doing it on my own it's just like you just go into the zone and you get into flow and it feels so good to your body It feels so good What is it about Pilates resistance stretchy It just feels so good Kyle after you're done I swear Like I like I feel like I'm just smiling be smiling but like extra smiling and feel like I just like connected with God Like it's like that's the kind of like it's a full body workout and we'll have reformers with tower and the chair So there'll be lots of variety You're not just gonna go there and get the same workout on a reformer each day you know you'll have that variety and and uh most of our classes require uh two sets of equipment and at least three props And so you'll you'll really be working everything as well as get everything We have

22 sides two All right the Magic Kyle is like yeah you got a have we we have we we yeah and and we call house of core kind of that trifecta luxurious experience because we have the studio we are we're gonna have our own retail line which uh Paula is in charge of a a nice uh sports collection And then we're also going to host events every month And so which also has a uh we're gonna raise money for charities too So it it there's a charitable element also to it So it's it's bringing the collective right with a studio with that retail all made uh in Los Angeles So we we're all we're all about local support local help local and and have our community here all together and helping our community also So and and Paul is also doing that with the um with the the events and so it's like you know what I come from So we'll gather once a month you guys are invited Once a month I will get there with my um with my good day Live sweatshirt and uh my yoga pants and my grippy socks You need group socks By the way I'm gonna have a whole outfit Dress you up we'll we'll dress you up Don't worry don't worry just show up show up That's it At the studio matching outfits matching outfits Yes we have grip socks We collab with a Grip Grip Socks company also Women owned company called Airs And so we collab with her Um So yeah so there'll be house of air socks So you can never have enough you can never have enough grip socks That is true because my dogs I had these amazing grip socks and I was just like where did they go And then Charlotte my dog like tore them to death There's something about that material then with Invisalign Oh my kids Invisalign is always on the grip socks at least the socks don't just say it And she was between the grip socks and the in a lot cheaper Perfect please I I put the Grip socks on my dog I had a German shepherd a German shepherd but it works because he kept um licking the bottom of his paw So I wanted to cover it but I wanted to make sure he didn't slide because we have concrete floors So it actually is a too far That's our new line So that's our new line You just came up with our new line but they work perfectly and then he doesn't he doesn't slide So I had a dog lover in here yesterday So we we're dog lovers Everyone that comes through these doors are mostly dog lovers for the most part I know I trust anyone that isn't right We go on the record with that They could be cat lovers too I think it's like animal lovers you know one or the other No no no Yeah that's true Yeah Like when someone's like I love dogs I hate cats I'm just like you're still not in my group of animal lovers Like yeah but like fucking shoes What is that Yeah Yeah I would say I lean more towards dogs but I'm open to all Yeah I like II I fell in love with the cat which I didn't think was gonna happen I don't own a cat but I fell in love

with the cat because it was kind of like a dog I feel like Pilates is gonna make me like a human cat Like I'm just gonna be able to like flexible balance You're gonna have great balance They do the cat cow stretch You're taking this to the next level Now he wants to be the dog I too a little bit There's like a variety Yeah So I see intermediate You gotta start beginning with a private a private You start at the beginning because if you don't know your form right Like you already like you and I you're you're not in office but he's new So you know we'll go gentle and easy and we do a and get and get you through it and then you can start coming to classes So you have like you don't jump into a class You know we don't want people who have never taken Pilates to jump into a class because we you know safety should always come first So you know we'll do a little private with you show you the ropes literally And this spring or a duet So we actually most of my beds have like one set of of ropes You can put your feet in and you can use it for your your hands and arms as well We actually um they have this new thing called connector kits and we have two sets of ropes so you can be moving your arms and your legs like all in different actions at one time It sounds amazing My favorite is when they say feed straps and make their call you're gonna have your feet and your hands and straps Amazing You're missing out man and everyone else is missing out if you haven't done um uh any Pilates uh would you ladies be up for playing a game It's called Red Flags I feel like I feel like I played that dating Red Flag Um but how how I created this game is it doesn't have to be just for dating Um we're gonna bring up uh so I'm gonna give you a red flag Yeah you can we can bring up the questions What should our topic be Should it be dating or uh fitness or all the above Ok You wanna go first We don't whether you're single or dating or whatever it's no big deal Uh or or sorry I always forget that Yeah he's great They're still romance and we met in Mammoth nearly after like 18.5 years I love it I love it Well let's consol it a lot Is that you're doing that's fine Red tag We still make out the um you want to go first come up with a question I don't know how to play the game We're just going for you Um and then you're gonna tell us whether or not you think red flag and then we just we just you you're on a date and he or her says that they haven't dated anyone seriously in 10 years I like you never know what we went through and maybe they were doing this a long time 10 years 10 years get over it There's only so much time we have on earth Yeah What were you doing for 10 years Yeah Says they don't eat any desserts I don't I don't really eat that much dessert That's ok All right Go ahead But they just cancel all desserts is just you meet them on a date and

they're like I do no desserts No sugar no sweets nothing It's not that much of a red flag for me We're we're kind of like that Not a question is eating a croissant healthy But if you're going to I think if you're going to choose between like a muffin or a croissant then maybe the croissant in the boring this c this morning I was starving I think I'm still starving Like I need to eat You gotta live your life too I love Do you guys have any red flags you want to bring up Yeah like not personally but like a maybe a situation that you would think is a red flag that we would enjoy Can you ask us some more while we think about that Yeah Yeah of course Ok for sure Uh We have a whole case of Yeah we do but we can just come up with them because we smart like that We're smart like that Uh oh yeah You really like he doesn't like dogs at all Oh yeah She doesn't I don't even like my own so I I like my own That is true Actually she's good to them She talks really cute I have a white Pomeranian I don't have a they're both very cute dogs I mean you know cuteness is not the issue the loud barking all the time or they're very needy emotionally My play is oh there you go She just sits over there I sit over here we barely touch it That's why I maybe I just have the wrong dog Yeah Yeah Yeah Always holds the door Love it I love it Yeah Yeah of course I have to say I went I went shooting with my son yesterday and he's home for college I haven't seen him and he's been home a few times But you know he got every door for me I was so long Not that not not even in the car that I don't have every every like call each other out like and carry one day Yes Go ahead You wanna tell the story Ok go go for it I like some movie Let me see Yeah So Michelle's like Michelle's already betting them Like I like smoothies She's like do you And I'm like yeah I do She's like so what do you put in your smoothies I was like uh like I go to the the you know supermarket I get like a couple of pineapples a bag of apples a pack of strawberries She's like wait all this goes into one smoothie I was like yeah she's like there's no way So then that turns into a three week debate on whether you can fit all of that into And then she was like do you have them every day And I was like yeah every day and like real quick I was like yeah every day and I keep talking and they have brought up the clip like 19 times every day and I and yeah on the button he's running on How was your smoothie today I was like I didn't have one They were like hold on hold on You said it every day You said no I didn't OK No Right So we asked uh one of our other guests Trisha Love and she got she got really serious about it She was like if I jump out of the plane are you gonna are you gonna catch me every time I was like this is not so so serious It did It did But with the

holding of the door you're careful you gotta be align with what you what you do in alignment at least that's what I think Um No I love this so much You have no idea Um weeps for two solid days after losing any game We just say weeps like he can share share if someone dies That's one thing Um These are uh rated R Should I do Should I do it Ok Um You'd be 13 Kyle you Oh no it's like what is that Kyle Threw up his own red flag that way Like human green flag yellow flags Like is he all about it And that's all he cares about Is he like looking good Like do you guys know who those Liver King is Yeah Do you like a body like that I don't know that this big dude he is Yeah he was like he was all his whole marketing spiel was I eat liver I eat raw meat That's why I was big and like every dude is looking at him like steroids and he takes it just comes out like no one was shocked but yeah very like Joe Rogan was the first one Yeah everyone's making fun of it now here's one live tweets your entire date Oh please please No you know that he has a tweeting a tweet and he's already if it depends on the date because I am a media and I like to film things and like to document Yeah the guy that we are allowed to know you're a guy Very sexist I stand I stand by my sex It would be kind of cute if the guy So I I tell you the story Um my friend got married uh recently and uh her husband picked her up on their very first date He films like going to her door and her Oh that I love and like he's like are you ready And she's like yeah and like they filmed the date and now they have like the date in like you know with like the wedding video It's beautiful So like that But why why do you have to put it on Twitter No I I don't it doesn't matter to me whether it's male or female it just seems like something like that You want to share that with each other I mean close friends but not Twitter I don't put it on Twitter They just film it for each other and that is so cute So yeah I think a guy who posts his personal life a lot on social media would be a little bit of a red line for 100% Yeah I think I I think I think it goes for men or women I don't I don't mind doing it I'm just like bro we can't hang out What if you're dating that girl and the girl is always posting If it's there you go That's a good point Good point Yeah We got to make some delis here and the narcissism is the ultimate there's only 3% of real narcissists use the word Really Yeah Wow I'm shocked to hear that It doesn't mean you can't have narcissistic getting really into it I love this Do you guys have any red flags You want to throw out there yet or not yet They're perfect flow They're starting a Pilate studio but they might have something like do something and they're like well I kind of want to throw it out there you know Um ok let me see what else I got for you Oh I can't do this Forts every time they kiss you That's like not even

worth rape in the How much gas do you have again Just just kind of flu The word fart I mean I get it that people like have gas but like if they did it in front of me I'd be like oh not to extend this topic Like what No man to know each other better on the couch It's just like where does the romance go Yeah Dating Absolutely No just no quiet It's a no no every guy who knows the first five dates you're just holding it like you just rock in your stomach because men have guests Like it's a pig It's just like we have gas wrong What are you What are you doing Oh no we just we just like very easily are farting and burping and like when we're in front of women especially the first like five or six days I just like holding it off No we're not animals Like we're animals but we don't want to come off as an animal like the first five or six Yeah Yeah Yeah You ever seen a man try to like interior design a living room It just look it's weird I think like 5% a month living quite a few male interior design Kyle tried to do like I'm not bad but I'm not I don't think I'm this is sexist but I don't think I'm as good as like a woman She started a new segment on the show or not Yeah I like that I think it's really fun because you know we had Barry Livingstone who was an incredible interior decor Did you said a couple times how some things just go more natural for women or men not being he just comes more natural and I agree with you more I like that Yeah I'd like it to be I want to Yeah Yeah exactly I I wanna feel feminine Yeah Robert comes up Who are we gonna look at Like if somebody to beat somebody up are we gonna the man most of the women Is there an issue You know he brought this up I had a dream about my exboyfriend oh boy And I was taking out like a lot of money from the ATM And all of a sudden this like in the dream this guy comes up with a gun he's like give me all your money And I'm like my ex-boyfriend he we broke up shortly after we broke up shortly after that I felt safe to an extent It wasn't your guy It's not my thing to kiss her super hot when a woman knows her own self defense Like crab all that stuff And if you do I was just about to bring that back I did go shoot guns last night I didn't want to bring it back to that Yeah You were shooting last night What did you shoot a glock Yeah Yeah I learned how to load it and my son taught me it was really cute and then we had to get that little loader thing because it was really hard to get the bulletin and then um they you have like the the sheet with the body on it and then like you tape it to the thing and then the machine takes it out and then you shoot and I got three out of 10 Not bad He was getting 10 out of 10 He's really good Three out of 10 Good Very good Well I was gonna say like he owns a gun but like that's not a red flag or is it a red flag today Oh that's such a personal

preference Not necessarily It would depend I mean I'm from Texas so you know I grew up with a gun in my house you know Yeah I was normal Be weird now Yeah Yeah Yeah Just call the Ghostbusters like yeah they already in the house What Are we gonna get on the phone No OK This has just been way too fun Um We can obviously get a sense of what it being at your studio would be like which is amazing Yeah No no serious Very serious I get all those vibes but I was gonna say for me what makes the studio great is the people there and just sitting across from all three of you lovely ladies Like I already feel like they're gonna have the best with you Thank you Thank you congratulations so much Um This is your camera right here plug away and let people know how they can get involved with House of Support it Support on Instagram house support You can pre register and not pre buy packages Thank you And we're gonna have our retail up and we're posting it every day So look for our new retail that will be coming up Yeah and uh and for our schedule Amazing Thank you so much Thank you for having us Thank you so much Thank you Thank you Oh my God And thank you so much to the lovely ladies of the house of for being here and to all our beloved viewers We'll see you all tomorrow and don't forget to check them out on Instagram How of Thank you Yeah Thank you guys