

GDL House of Core

<https://silosolo.com/736386>

Summary

The video is an interview with the ladies of House of Core, a Pilates studio. They talk about how they became a team, the benefits of Pilates, and the upcoming opening of their studio in Brentwood. They encourage people to try Pilates and describe it as a full body workout that feels good.

Silo sample questions

- How did the ladies of House of Core become a team?
- What are the benefits of Pilates?
- When and where is the studio opening?
- What advice do they have for people who are intimidated to try Pilates?

Topics

House of Core

Teamwork

Discovery of Pilates

Impact of Pilates

Studio opening

Encouragement to try Pilates

Key Takeaways

- This is an interview with the ladies of House of Core, a Pilates studio
- They talk about how they became a team and the importance of compatibility and work
- They discuss how they discovered Pilates and how it has changed their lives
- They mention that the studio is opening next month in Brentwood
- They encourage people to try Pilates and describe it as a full body workout that feels good

[Click here for the full transcript](#)

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