



CoreMotion Add-On Class

Total Cost: \$50

Class Duration: 55 minutes

Ideal For: Members who want to push themselves and increase their overall output

1. Overview The CoreMotion Group Fitness Class is the cornerstone training experience of the VitalitySync Longevity Program. Every session is intelligently designed to improve each CoreMetric area of testing.

CoreMotion blends science-backed strength training, functional movement, and cardiovascular conditioning into a structured, high-energy group environment. Every workout is purpose-driven — not just to make you sweat, but to help you move better, live stronger, and extend your healthspan.

2. Why It Matters for Longevity

- Improves strength and muscular endurance
- Enhances balance, coordination, and stability
- Increases hip mobility and joint resilience

- Boosts cardiovascular and metabolic health
- Reduces risk of injury and physical decline

By targeting the key components of lifelong performance, CoreMotion serves as your bridge between fitness and longevity — combining measurable progress with the motivation of a team-based environment.

3. Why Add More Classes

- **Accelerated Adaptation:** Adding a fourth class per week provides the ideal training frequency for neuromuscular adaptation — faster improvements in balance, strength, and cardiovascular efficiency.
- **Improved Recovery Patterns:** A consistent rhythm of movement promotes better blood flow, aiding muscle recovery and reducing stiffness between sessions.
- **Enhanced Longevity Outcomes:** Studies show that training 4+ days per week (with mixed resistance and aerobic conditioning) contributes to longer healthspan and improved VO₂ max — a key predictor of lifespan.
- **Better Test Results:** Members often see measurable improvements in their CoreMetric retesting every 12 weeks when training frequency increases.

Your blueprint for a stronger future.