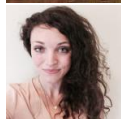


FITNESS

Hilliard Studio Method opening new fitness concept HSM Core this month



by [katie levans](#) | june 3, 2015
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From the fittest mother-daughter duo on the planet comes [HSM Core](#), a fusion of their wildly successful flagship fitness concept [Hilliard Studio Method](#) and the [Lagree Fitness Megaformer](#). The 40-minute, no-impact workout is designed to strengthen and tone the entire body by way of the core.

One of my greatest regrets in life was not taking Liz and Clary up on being trained to teach their method back in my stretched-too-thin grad school days. Since then they've launched something of a fitness empire with DVDs, an expanded studio in Myers Park, and now HSM Core.

The Hilliards set up a temporary HSM Core training facility in the Epicentre back in April and have been teasing the training of their instructors on [Instagram](#) to build buzz. (It's working. I'm so excited.) While Hilliard Studio Method is dominated by a female clientele, HSM Core is pushing its male-friendliness hard, naming [personal trainer Arthur Pulley](#) as head coach.

Hilliard Studio Method is easily one of my personal favorite workouts in Charlotte (and arguably one of the most effective), but at \$27/class (or \$300/month) those abs are gonna cost you. No word yet on if HSM Core pricing will be the same, but the full schedule and rates should be up very soon.

HSM Core will be opening at its permanent location at 601 S. Kings in the next two weeks. Stalk them out online for opening announcements.

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