



Hilliard Studio Method trainers Lauren Bolahakov and Britany Williams with Ashley Hilliard (photo courtesy of Charis Cowins)



Meghan Scannel, Hannah Lowe and Sara Yorke (photo courtesy of Charis Cowins)



Janeen Moore and Julie Fisher with Hilliard Studio Method trainers Amy Welton and Jennifer Shelton (photo courtesy of Charis Cowins)



Hilliard Studio Method and HSM Core Owners and Creators Liz Hilliard (center) and Clary Hilliard Gray with HSM Core Head Coach Arthur Pulley



Hilliard Studio Method trainers and HSM | Core coaches: Elizabeth McNabb, Kate Brennan, Sara Gray, Lezi Nortman, Oksana Voinarovitch, Clary Hilliard Gray, Jerome Touchatone, Liz Hilliard, Lauren Bolahakov, Meg Morrison, Lee Kennedy, Arthur Pulley and Dayron Booth (photo courtesy of Charis Cowins)



Leah Williams, Ashley Walker and Curie Deston



Guests at HSM Core's "Release the Beast" party

## HILLIARD STUDIO METHOD®



UNIQUE, POWERFUL, AND UNPARALLELED, HILLIARD STUDIO METHOD® IS THE BEST HOUR OF EXERCISE YOU CAN GIVE YOURSELF.

**BE POWERFUL**

New Client Special: 10 Pack for \$150

SIGN UP FOR CLASS AND PURCHASE WORKOUT VIDEOS AT [WWW.HILLIARDSTUDIOMETHOD.COM](http://WWW.HILLIARDSTUDIOMETHOD.COM)

## HSM Core "RELEASE THE BEAST" party

*In mid-September, mother-daughter team Liz Hilliard and Clary Hilliard Gray unveiled the Megaformer M3S, a cutting-edge machine that's at the center of their new fitness concept, HSM | Core, at the "Release the Beast" Party. Hosted at their Hilliard Studio Method location in Myers Park, HSM | Core coaches led guests through demos on the machine while Bond Street Wines kept everyone's cup full. Capitol, Poole Shop and Tabor held a pop-up shop. DJ Rowsby kept the party hopping with the crowd breaking into dance around 8 p.m.!*

The Megaformer M3S is the next-generation, state-of-the-art piece of fitness equipment specifically designed to target core muscles and increase your heart rate without putting pressure on your joints. The Megaformer utilizes a moving carriage, two stationary platforms, springs and pulleys for slow and controlled, yet heart-pumping, full-body exercises. HSM | Core is open for classes seven days a week at 601 S. Kings Drive.

To have your business featured in an upcoming issue of Myers Park Life, please email Zane Odom at [zane.odom@gn2pub.com](mailto:zane.odom@gn2pub.com).