



# CORE RHYTHM

— FITNESS —

## PRESS KIT



# ABOUT US

Founded in 2013, Core Rhythm Fitness is renowned as Broadway and New York City's wellness center. Core Rhythm Fitness is holistic wellness that integrates mindfulness, tailored nutrition, and fitness to create transformative sustainable results.

While CRF has developed an impressive extensive clientele, including performers such as Billy Porter, Abigail Spencer, and Dyllon Burnside, there is no other place where you will find a diverse inclusive wellness community. Services are geared to empower your mind, engage your spirit, and transform your body.

For more information about Core Rhythm Fitness, please visit, [CoreRhythmFitness.net](http://CoreRhythmFitness.net)

# ABOUT RODRICK

**Rodrick Covington is the Founder & CEO of Core Rhythm Fitness, based in New York City.**

Rodrick founded Core Rhythm Fitness in 2013 while he was developing a show called Witness Uganda at Second Stage Theatre. While he is a full time actor, he was last seen in Michael Arden's Joseph and the Technicolor Color at the Lincoln Center. He is currently working on the Broadway world premiere entitled GODDESS, where



he is starring and co-producing. He was also in the Tony Award Winning Revival Once on this Island where he took over the role as Papa Ge. He began his Broadway career in The Lion King and numerous off Broadway and regional theatre around the country. Rodrick is the Broadway guru of fitness and nutrition to help artists fall in love with their mind, body, and spirit so that they can be completely free on and off stage.

Known as the Fitness Pastor, Rodrick integrates spirituality and fitness into a wellness experience where people are transformed inside and out. He holds certifications in NASM, SOMA Pilates, and Precision Nutrition. Since George Floyd's death, he has been leading numerous powerful peaceful protests around NYC uniting the city with organizations such as Uniteny2020, Warriors in the Garden, Brooklyn Drum Collective, Micbikes, Fuel for the people, Asians for BLM, the Blacksmiths, musicians united, and countless others bringing thousands of people together around the city.

# FEATURED IN



# TESTIMONIALS


"I didn't know that I needed my exercise to be connected to my spiritual life. You know it's different when it's connected to your spiritual life and not simply your ego because you want your body to look better. It's like it's a totally different thing."


**Billy Porter | CRF Nutrition, Personal Training, Group Fitness, CRF Live Client**


"My biggest transformation is releasing my codependent, unhealthy relationship with sugar...I knew I would learn about food but I learned how to do what's best for me and it doesn't have to be hard...There's a lot of things that have shifted, more than just what I look like even more than my energy level and health, but in how I show up in my day to day life"


**Yasmine Yanis | CRF LIVE, Nutrition Client**


# CONTACT

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