



Beginner - Intermediate Pilates: Pilates Matwork with Flow - 23 Exercises

Aliesa George

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This audio is a good, solid Pilates Mat class. Designed for beginner and intermediate level students to think, work, and move. Pick up the pace, add eight new exercises to your basic workout program, and increase your endurance with this class. Develop your proficiency and fine-tune your technique. If you never learned another exercises, this class will keep you focused and fit!

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