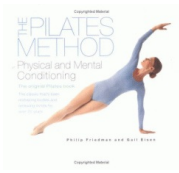


Imported from My Lists: PILATES

Pilates

Created by labelleddominique2012



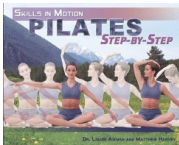
The Pilates method of physical and mental conditioning

Philip Friedman and Gail Eisen.



Pick your level, weight loss Pilates

Dragonfly Productions, Inc. ; producer/director, Andrea Ambandos ; executive producers, Michelle Rygiel, Kim Kisner.

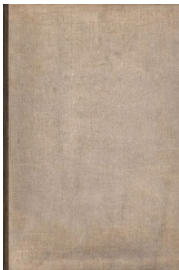


Pilates step-by-step

Louise Aikman and Matthew Harvey.

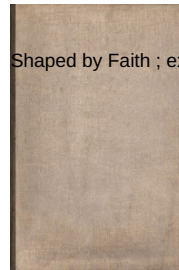


Denise Austin shrink your fat zones pilates



Essential pilates for inflexible people

produced, directed and edited by Michael Wohl.



Pilates for the soul

Shaped by Faith ; executive producer: Robin Rowe ; producer: Theresa Rowe ; director: David Docimo.

Imported from My Lists: PILATES

Pilates

Created by labelledominique2012

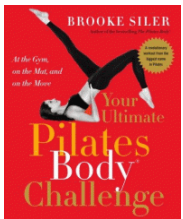


Fat burning pilates



Classical Pilates technique

Peter Fiasca, director.



Your ultimate Pilates body challenge

Brooke Siler.



Classical Pilates

Classical Pilates