

Intermediate Pilates Matwork - Flowing Fitness Challenge: 35 Exercises By Aliesa George

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Based on the Classical Pilates mat exercises, this Intermediate class with Johanna Dalgleish works to bring a sense of fluid motion to the body, moving seamlessly

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Aliesa george

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Fletcher matwork dvd

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Pilates with theresa

flowing movements and stamina, (level 3) and Intermediate Pilates Matwork through Body Control Pilates and is qualified to teach internationally.

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