

Anatomy Of Exercise A Trainers Inside Guide To Your Workout

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Continuing Education Courses U S Pilates Method Alliance

February 20th, 2019 - Date of workshop 02 22 2019 02 23 2019 Workshop time 10am 6pm Presenter s Patricia Welter Title of workshop Balanced Body Pilates Chair Instructor Training Module Workshop description Balanced Body Pilates Chair Instructor Training includes exercises and variations for the original Wunda chair the EXO chair and the split pedal Combo Chair The chair is great for doing strengthening

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