



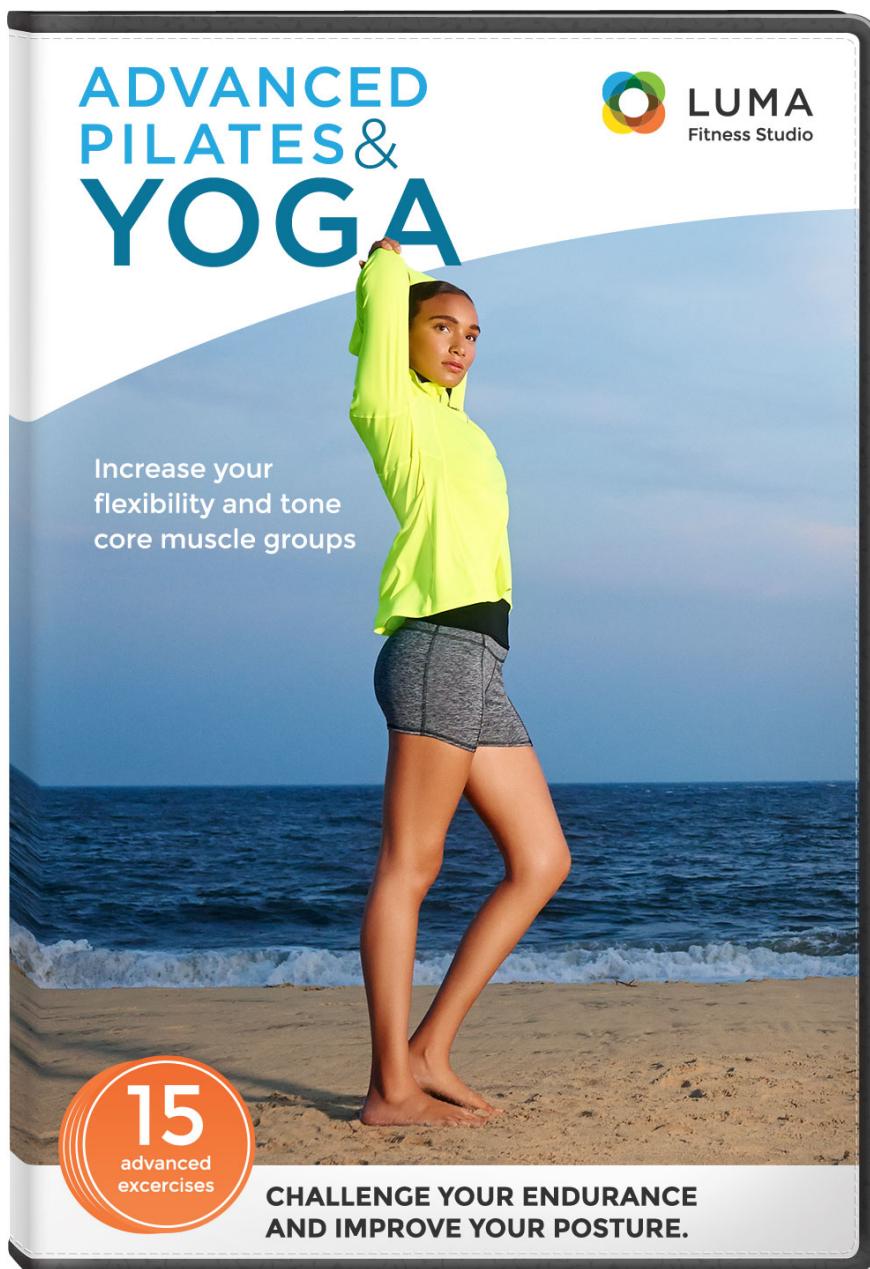
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## Advanced Pilates & Yoga (Strength)

\$18.00



## Description

Advanced Pilates & Yoga will help you to increase your flexibility and tone core muscle groups through an invigorating workout for your whole body. The Pilates workout is a thorough strength-conditioning session that

boosts flexibility, endurance and posture. The Yoga workout incorporates legacy and new poses into one continuous routine that will leave you feeling exhausted and fulfilled at once.

- Pilates-Yoga fusion.
- Breathing warmup and cooldown.
- Hour-long session.
- High-definition video.

## Additional Information

<b>Format</b>	Download
<b>Activity</b>	Yoga, Gym, Athletic