

Pilates Reformer Manual

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Reformer Two Pilates Manual | Body Organics

The REFORMER PILATES MANUAL is 1 of 6 authored by MELINDA BRYAN, Founder and Director of Performing Arts Physical Therapy & The Pilates Studio of LA. The Pilates Studio of LA. Known as the very first OFFICIAL PILATES CERTIFICATION CENTER on the West Coast of the U.S., is one of only two ORIGINAL licensing centers in the world.

Pilates Reformer on Apple Books

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