

BEGINNER PILATES

A woman with blonde hair, wearing a light blue tank top and shorts, is sitting on a white wall. She is leaning forward with her feet flat on the floor and her arms extended to the right, holding a large green plant. The room is bright with a window in the background and several potted plants on a windowsill. The floor is covered with a grey and white patterned rug.

15 MIN

WALL PILATES

NO EQUIPMENT

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Roger Brignell



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