

# 05-0001D Aero Pilates Level 1 Workout



*Join Pilates expert Marjolein Brugman as she teaches you the work of Joseph Pilates effortlessly in the comfort of your own home. The Pilates Method was first developed by Joseph H. Pilates in the 1920's to help dancers and professional athletes restore and build muscle strength and tone. Today it is hailed as the "Fitness For The Future". Loved universally because it focuses on core strength and functional fitness.*

*Quickly, you too will enjoy the benefits of this wonderful exercise program. Strength Without Bulk, Strong & Stable Core, Improved Flexibility & Balance, Unique Mind Body Centeredness Minimum of Movement.*

