



Peak Pilates 2004 Calendar

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Favored by top athletes and celebrities from the Philadelphia Flyers to Julia Roberts, the Pilates Method of body conditioning is one of the most effective ways to increase flexibility and strength, resulting in a long, lean, energized body. Peak Pilates demonstrates how to achieve mental and physical well-being by combining effective training techniques with innovative equipment based on the original designs of Joseph H. Pilates. Sales of the calendar benefit the Pilates Method Alliance, a non-profit organization dedicated to preserving the legacy's high standards through training and education.

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