



Form Pilates' Pilates Conscience: Abs, Upper Body, and Back & Lower Body

Lindsay Adela Lopez

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Tone and balance your entire body with these energizing Pilates workouts for your iPod or mp3 player. Experience a one on one session with expert Pilates instructor Lindsay Lopez anywhere you choose.

Like the little voice in the back of your head, Lindsay is here to make sure you remember the fundamentals of Pilates. She designed these workouts to give you the tools to fit Pilates into each day, whether you're at the office, at home, or traveling. The Form Pilates audio workouts are so easy to complete that you'll never miss a workout again. And if you do, your Pilates Conscience will be there to ease you back into your routine.

Lindsay focuses on the integrity of these exercises and teaches you the method as Joe intended. Let Lindsay share her personal journey of how Pilates has changed her life and see how it can change yours too!

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