



# PILATES

FOR BEGINNERS



CORE PILATES  
EXERCISES and  
EASY SEQUENCES  
to PRACTICE  
at HOME

Katherine Corp & Kimberly Corp

IT'S EASY TO DO  
PILATES AT HOME!

# How To Pilates For Beginners For Students 6219

**J Spring**



## **How To Pilates For Beginners For Students 6219:**

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