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066 - MICHAELA CARPENTER

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Best mirror workout 2021: Tempo, Tonal, Mirror and more

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The age of the gym is dead - it's all about palatial five-star wellness hotspots

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She added: "Those classes showed me how to change my life and get stronger, and showed me that I wanted to be a clinical Pilates instructor. "I decided that even though I'm stronger now and ...

Derby woman with incurable illness saved by her German Shepherd

Apart from the strong sense of community that distinguished the place, the Pilates experience at One ... so you don't have to struggle with manuals and carrying large equipment into your space ...

The Pilates Connector: A One-Stop Online Shop That Makes Pilates More Accessible To Everyone

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Unraveling the wonders of Pilates in times of lockdown

There are no official rules for exiting a global pandemic, it turns out, but so far the world seems to have agreed that it's probably best to take it slow. This feels antithetical to the way we might ...

Ready To Get Moving Again? 5 Expert-Approved Tips To Ease Back Into Exercise

The STOTT PILATES ... manual is included if you need extra guidance. You can safely move the reformer across all floor surfaces without causing damage, including ceramic tiles, hardwood and carpet ...

11 Best Pilates Reformer Accessories

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Upskilling Technicians Using Technology and 'Earn While you Learn'

A Pilates spine corrector is a valuable piece of Pilates equipment for your home or studio, especially if you're tired of dealing with a sore, achy back. Some are designed to be used as free ...

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Or, is it that the only sharpness you feel is a shooting pain in your back? If you want to do something about it, head to the newly opened Anam Cara Pilates studio on Chambers Drive in Eagle. The ...

Pilates studio opens in Eagle

A new coronavirus variant detected in Yorkshire which contains three concerning mutations is being investigated by Public Health England (PHE). The AV.1 variant, which has caused at least 49 cases of ...

What we know about the 'triple mutant Yorkshire variant'

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Nicole Kidman's nerves over her new role

Mother-of-two Judith Firth, 40, who owns JB MSK Manual Therapies on Thorns Close ... and is also a qualified Pilates instructor. The University of Bolton graduate, who won an award for excellence ...

Mum, 40, opens sports rehab and massage clinic in her GARAGE

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