

05-9124D

LEVEL 2 PURE PILATES



This second level of Pure Pilates adds new exercises to those you've mastered in Level One Pure Pilates. These are traditional Pilates exercises without the aerobic or cardio rebounding. Pure Pilates is a wonderful way to gently stretch and strengthen to start or end your day. You'll feel amazingly energized yet centered. People will notice as you sit, stand, and walk taller and with more confidence.