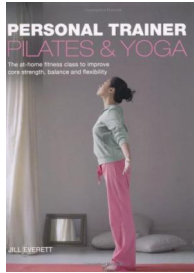


Personal Trainer: Pilates & Yoga: The At-Home Fitness Class to Improve Core Strength, Balance and Flexibility



Book Review

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