

ARE YOU PREGNANT? have you recently had a baby?

you deserve pilates at equilibrium with specially trained instructors



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STOTT PILATES® exercise is the key to a feel-good pregnancy, delivery and the perfect post-baby body.

pilates at equilibrium will help:

- provide a comfortable 9 months
- strengthen your back muscles so that you can carry added weight with ease
- prepare for the rigors of labor and the demands of motherhood
- improve body awareness
- discover breathing techniques to help release tension during labor
- strengthen the pelvic floor to gain greater control during delivery and post-pregnancy
- equilibrium's specially trained instructors will get your body in the best shape of your life!



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visit www.equilibriumstudio.com to schedule your class online or call 248.723.6500