



## Pre and Post Natal Pilates on the Cadillac

*Carolyn Anthony*

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# Pre and Post Natal Pilates on the Cadillac

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## **Pre and Post Natal Pilates on the Cadillac** Carolyne Anthony

The pre and post natal Pilates on the Cadillac book informs the Pilates instructor and the Pilates client with exercises that are both safe and beneficial during the childbearing years. The book offers information on each trimester and the appropriate exercise at that time.

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