



# **Powers Pilates: Stefanie Powers' Guide to Longevity and Well-being Through Pilates**

*Stefanie Powers*

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# Powers Pilates: Stefanie Powers' Guide to Longevity and Well-being Through Pilates

*Stefanie Powers*

**Powers Pilates: Stefanie Powers' Guide to Longevity and Well-being Through Pilates** Stefanie Powers Working with classic Pilates, the exercise system pioneered by Joseph Pilates over 100 years ago, inspirational expert celebrity Stefanie Powers has developed the perfect well-being and fitness solution for the over-fifties. Her programme incorporates traditional Pilates with innovative movement patterns, to work the body as a whole, giving leaner, stronger and more efficient muscles.

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