



pilatesstyle  
magazine

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## calendar

## pilates style news updates

### July Calendar of Events

Your guide to this month's hottest Pilates happenings.

*Note: All information was correct as of publication. Please call or visit the web sites for more information. If you have a listing you'd like included in a future newsletter, please send all relevant information, formatted as below, to [newsletter@pilatesstyle.com](mailto:newsletter@pilatesstyle.com).*

*Submissions must be received by the 15th of each month in order to be included in the following month's newsletter..*

#### 7/3–7 Pilates Summer Course

University of Alcalá–Madrid

Corpora Pilates (Spain)

[uah.es](http://uah.es)

[corporapilates.com](http://corporapilates.com)

#### 7/3–7 Pilates Summer Course

University of Alcalá–Madrid

Corpora Pilates (Spain)

[uah.es](http://uah.es)

[corporapilates.com](http://corporapilates.com)

#### 7/5–8 Peak PilateSystem Level II Certification (first weekend)

The Good Space, Houston, TX

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

#### 7/6–8 Pilates Weekend

New Age Health Spa, Neversink, NY

800-682-4348

[newagehealthspa.com](http://newagehealthspa.com)

Welcome to the *Pilates Style* monthly newsletter. Each month we bring you a calendar of the must-know Pilates events around the country, updates on our conferences, Pilates-related news, original feature articles and bonus material from the current issue of *Pilates Style* magazine. We want to hear from you! If you have, or know of, a Pilates event, or have news to share with your community, email us at [newsletter@pilatesstyle.com](mailto:newsletter@pilatesstyle.com).

pilatesstyle<sup>™</sup>  
2007 Conferences magazine

## Conference Success!

The *Pilates Style* Conference in sunny Hollywood, FL, proved to be a three-day all-Pilates extravaganza to remember. It featured 20 talented and innovative presenters like Mari Winsor, Kathy Corey and Lolita San Miguel along with several hundred pros, instructors, students and enthusiasts. Highlights included classes like Michael Fritzke and Ton Voogt's sunrise mat class on the beach, Rebecca Pfeiffer's Poolates in the hotel's gorgeous pool, Kathy Corey's Pedi-Pole class and of course, our fabulous Expo Hall filled with cutting-edge apparatus, wellness products, activewear and much more. If you missed us in Florida, don't fret. You can still catch us for an even better and bigger in our [NYC hometown from August 7 to 9](#).

If you weren't able to make it to the Florida conference—or if you were there and can't wait for more—be sure to register for our upcoming conferences in [New York \(August 7–9\)](#) and [Chicago \(October 19–21\)](#). At the New York conference, take the opportunity to meet Pilates Elders, including Ron Fletcher and Lolita San Miguel, at a special breakfast gathering. And be sure to check out classes offered by these presenters:

### **7/6–8 STOTT Advanced CCB**

Studio One Pilates, Springfield , MO  
417-865-0500  
[studioonepilates.com](http://studioonepilates.com)

### **7/6–8 STOTT Reformer 50 Hours Begins**

Studio One Pilates, Springfield , MO  
417-865-0500  
[studioonepilates.com](http://studioonepilates.com)

### **7/6–8 Pilates Weekend**

New Age Health Spa, Neversink, NY  
800-682-4348  
[newagehealthspa.com](http://newagehealthspa.com)

### **7/7 Pilates on the BOSU**

Personalized Pilates, Scottsdale, AZ  
(602) 750-5799  
[PersonalizedPilates.com](http://PersonalizedPilates.com)

### **7/7 Versatile Rollers**

Personalized Pilates, Scottsdale, AZ  
(602) 750-5799  
[PersonalizedPilates.com](http://PersonalizedPilates.com)

### **7/7–8 Peak Pilates Level I Chair & Barrel**

Pilates of Greenville, Greenville, SC  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

### **7/8 Adding Props**

Personalized Pilates, Scottsdale, AZ  
(602) 750-5799  
[PersonalizedPilates.com](http://PersonalizedPilates.com)

### **7/8–12 Nine-Day Intensive Pilates**

**Teacher** Training begins  
SynergySystems® Fitness Studio, Encinitas,  
CA

Andrew Gibbins

Bob Murphy

Brooke Siler

Dav Cohen

Ellie Herman

Helen Drusine

John Garey

Katherine and Kimberly Corp

Kathy Corey

Kelly Kane

Linda Farrell

Mari Winsor

Michele Larson

Nora St. John

Phoebe Higgins and Peter Roel

Rael Isacowitz

Tom McCook

Barbara Ligeti

Brent Anderson

Clare Dunphy

Elizabeth Larkam

Eva Bondar

Jennifer McCasland Daly

Jonathan Urla

Kathryn Ross Nash

Kathy Van Patten

Leslie Bender

Lisa Love

Michael and Ton

Morten Dithmer

Peter Fiasca

Piper Denlinger

Sally Belanger

The line-up at our Chicago conference is sure to impress as well, with names like Ellie Herman, Jennifer Kries, Jillian Hessel, Jonathan Urla, Julian Littleford, Katrina Foe, Mari Winsor, Michael Fritzsche and Ton Voogt, Rebecca Leone and Tracey Mallet.

To register or for more information, including presenter information and bios, visit [pilatesstyle.com](http://pilatesstyle.com).

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## **How About Some Yoga With That?**

If you'll be in New York for our August conference, be sure to check out the Yoga Evolution gathering as well. Learn more and register at [FitYoga.com](http://FitYoga.com).

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## **Disc and Ball Workout**

Leslee Bender

760-632-5677

[synergypilates.com](http://synergypilates.com)

### **7/8–18 SynergySystems® CORE Intensive**

SynergySystems® Fitness Studio, Encinitas, CA

760-632-5677

[synergypilates.com](http://synergypilates.com)

### **7/9 Intensive Reformer**

John Garey Pilates, Long Beach, CA

562-253-3468

[johngareypilates.com](http://johngareypilates.com)

### **7/9 Peak Pilates MVe Instructor Prep Workshop**

San Diego, CA

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

### **7/12 Yamuna Body Rolling and Pregnancy Workshop**

Yamuna Studio, New York, NY

(212) 633-2143

[yamunabodyrolling.com](http://yamunabodyrolling.com)

### **7/12–15 Peak PilateSystem Level I Certification (first weekend)**

Balance Pilates & Yoga, Bradenton, FL

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

### **7/12–15 Peak PilateSystem Level II Certification (first weekend)**

World of Tennis @ Hills Country Club, Austin, TX

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

### **7/12–15 Pilates Floor 1 Instructor Training Course**

Pilates Institute of Australasia, Melbourne, Australia

Tel: (02) 8920 2622

[pilates.net](http://pilates.net)

### **7/13–14 Peak Pilates Level II Chair & Barrel**

The Pines Studio, Pittsburgh, PA

(800) 925-3674

[peakpilates.com](http://peakpilates.com)



I've found in my many years of teaching Pilates that many students struggle to isolate the correct muscles to perform mat exercises well. By adding two simple tools—Gliding™ Discs and the Pilates Coach Mini-Ball—I'm able to help people achieve extension, stabilization and isolation during floor exercises with the precision that usually comes only from working with apparatus.

The following exercises work the smaller, weaker muscle groups that are often ignored and impossible to get to only on a mat without props. For even more, read my article in the July/August issue of *Pilates Style*.

When performing these exercises, take care to move slowly and deliberately. Keep precision and control in your movements and try to focus on the muscles you're trying to activate.

### **Seated foot work**

*Purpose: To simulate foot work on the Reformer. Activates and strengthens the quads and hamstrings.*

1. Sit on a mat with your legs in front of you, knees bent, each heel on a disc, feet flexed. Keep knees and feet hip-width apart.
2. Inhale to prepare and exhale to slide the heels forward, straightening both legs. Inhale and return to start position. Repeat 10 times.

Variation: Let the knees open to the sides to activate the inner thighs and point the toes as you straighten your legs.

Modification: If you have tight hamstrings or low back sit on a folded mat or towel.

### **Leg slides with discs**

*Purpose: To keep the spine neutral and activate the deep core muscles.*

1. Lie on your back with your spine neutral (meaning not overarched and not flattened against the ground). Position the discs under the heels, knees bent and hip-width apart), arms

[peakpilates.com](http://peakpilates.com)

### **7/13–14 Pink Ribbon Recovery Program**

Equilibrium Pilates, Bloomfield Hills, MI  
(248) 723-6500  
[equilibriumstudio.com](http://equilibriumstudio.com)

### **7/14 Peak Pilates Level II Classical Chair**

Peak Bodies, Bozeman, MT  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

### **7/14–15 Personalized Pilates' Anatomy in Clay**

Personalized Pilates, Scottsdale, AZ  
(602) 750-5799  
[PersonalizedPilates.com](http://PersonalizedPilates.com)

### **7/14–15 Master: Lower Quarter with Debra Schubert**

ITT Pilates, Studio M, Sonoma, CA  
(415) 561-3995  
[ittpilates.com](http://ittpilates.com)

### **7/14–15 PilatesFit Level 1 Teacher Training**

Council Bluffs, IA  
888-786-3111  
[YogaFit.com](http://YogaFit.com)

### **7/14–15 Pilates for Women in the Childbearing Years**

Wellspring Studio, Pittsburgh, PA  
412-363-6900  
[wellspring-studio.com](http://wellspring-studio.com)

### **7/16 Pilates on the Ball Instructor Training Course**

Pilates Institute of Australasia, Melbourne, Australia  
Tel: (02) 8920 2622  
[pilates.net](http://pilates.net)

### **7/16–17 Peak Pilates Level I Chair & Barrel**

The Inner Space, Avon, CT  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

### **7/17 Pilates for Pregnancy Instructor**

along your sides.

2. Inhale to extend the right leg and exhale to return it slowly using the deep core muscles to keep the spine neutral and the pelvis steady. Repeat on the other side. Perform 10 reps on each side.

Variation: Start with the knees bent and out to the sides, heels together (in butterfly position). As you extend the legs, keep the external rotation in the hips.

### **Mermaid with mini ball and discs**

*Purpose: To strengthen the obliques and the muscles supporting the spine.*

1. Lie on your right side with the ball under the ribcage in between the top of the ribcage and the hipbone. Place your right hand on the center of a disc at a 45 degree angle above your shoulder. Place your left hand on the floor in front of you. Stack your legs or place one slightly in front of the other. Keep your hips aligned with each other.

2. Inhale and reach your left hand off the floor and raise your arm alongside your left ear. Side bend over the ball, extending your right hand to slide the disc forward. Slowly return and place your left hand back in the starting position. How many reps? 10x

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## **After Work-Out Shake**

Need a cool way to get protein this summer? Nothing is more refreshing after a hard, hot workout than a fresh smoothie. Try these recipes—just toss all the ingredients together in the blender and you have yourself a perfect summertime lunch.

### **Cocoa-Nut Shake**

1 scoop chocolate protein powder  
1 cup skim milk  
2 tablespoons peanut butter  
1 ripe banana  
5 ice cubes

### **Fruit Salad Smoothie**

1 scoop vanilla protein powder  
1 cup orange pineapple juice  
1/4-cup plain, low-fat yogurt  
1½ cups assorted frozen fruit



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## **Close Up: Crisscross**

Linda Farrell

### **Training Course**

Pilates Institute of Australasia, Melbourne,  
Australia

Tel: (02) 8920 2622

[pilates.net](http://pilates.net)

### **7/18–20 Peak PilateSystem Level III Certification (first weekend)**

The Inner Space, Avon, CT

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

### **7/19–20 Pilates Floor 2 Instructor Training Course**

Pilates Institute of Australasia, Melbourne,  
Australia

Tel: (02) 8920 2622

[pilates.net](http://pilates.net)

### **7/21 Intensive Mat Teacher Training with Lynne Robinson and U.K. trainers**

Body Control Pilates Canada, Toronto

(416) 910-3834

[bodycontrolpilates.ca](http://bodycontrolpilates.ca)

### **7/21–22 PilatesFit Level 1 Teacher Training**

Las Vegas, NV

888-786-3111

[YogaFit.com](http://YogaFit.com)

### **7/21–22 Pilates Floor 3 Instructor Training Course**

Pilates Institute of Australasia, Melbourne,  
Australia

Tel: (02) 8920 2622

[pilates.net](http://pilates.net)

### **7/22 Peak Pilates MVe Instructor Prep Workshop**

Urban Lair Malaga Cove

Palos Verdes Estates, CA

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

### **7/25 Peak Pilates MVe Instructor Prep Workshop**

DCAC, Alexandria, VA

(800) 925-3674

[peakpilates.com](http://peakpilates.com)

Similar to single leg stretch, where trunk and pelvis stabilize as legs extend and flex from the hips, crisscross ups the challenge by adding powerful rotary action through the trunk, stimulating and squeezing the internal organs. It emphasizes obliques while challenges coordination.

### **Set-up**

Lie on your back with the feet flat, hip-width apart, and the fingers gently interlaced holding the back of the head as it rests on the floor. Inhale into the sides and back of the rib cage while narrowing the hips and drawing the navel in toward the spine. Exhale and lengthen up through the crown, curling the head, neck and shoulder tops off the floor. As you curl sequentially up, think of tracing a long arc and gaze at the navel or a point directly forward. Allow the front lower ribs to gently slide down, the collarbones to broaden and the upper arms and elbows to point out to the sides.

### **Begin the move**

Continue to engage the abdominals, and lift the knees over the hips to a tabletop position. Leading with the right side of the torso, inhale and twist left, anchoring the right hip and extending the right leg long about 60 degrees. Exhale and twist through center and to the right, lifting the whole left side from the waist to the armpit while lengthening the left leg. Keep the action rhythmic and fluid, no jarring or snapping of the knees, or swaying or swiveling of the pelvis. Connect the breath to the twists, inhaling deeply to twist one way and exhaling, wringing out the lungs, to twist in the opposite direction. Otherwise, inhale for two complete twists and exhale for two complete twists. The twists can get deeper and the legs can lower to 45 degrees if one can maintain trunk and pelvic stability.



### **Visualization**

Maintaining a stable pelvis, lift and twist so fully that you can imagine your left shoulder blade reaching far outside your right side ribs as you twist right, and vice versa. To ensure a stable, level pelvis, imagine a plane of smooth glass between the legs. Keep the legs gliding smoothly along the surface of the glass

**7/25 Summer Pilates Celebration** (1-day sale on Pilates attire, specials on gift certificates, and free Pilates demonstrations)

Up Stretch Pilates at Bodytech Gym  
Pittsburgh, PA  
(412) 983-7818  
[upstretchpilates.com](http://upstretchpilates.com)

**7/26–29 Peak PilateSystem Level I Certification (first weekend)**

Urban Lair at Rolling Hills Estates  
Rolling Hills Estates, CA  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

**7/27 Intensive Mat Plus**

John Garey Pilates, Long Beach, CA  
562-253-3468  
[johngareypilates.com](http://johngareypilates.com)

**7/27–29 Peak PilateSystem Level III Certification (first weekend)**

Pure Pilates, Hanover, MA  
(800) 925-3674  
[peakpilates.com](http://peakpilates.com)

**7/28 Concentration 201**

Personalized Pilates, Scottsdale, AZ  
(602) 750-5799  
[PersonalizedPilates.com](http://PersonalizedPilates.com)

**7/28–29, Pilates Advanced Rehab**

Valencia Physio's College, Corpora Pilates,  
Valencia (Spain)  
[corporapilates.com](http://corporapilates.com)

**7/28–29 PilatesFit Level 1 Teacher Training**

Chicago, IL area  
888-786-3111  
[YogaFit.com](http://YogaFit.com)

**8/1 Teacher Training and Certification Program** Begins

Pilates South Africa, Johannesburg  
0117843988  
[pilatescentre.co.za](http://pilatescentre.co.za)

**8/3–5 Bosates®: Balance on an Unstable Surface and Pilates**

Santa Fe, NM

throughout the exercise, without letting the glass drop or the pelvis lift or sway side to side as the knees bend in toward the trunk.

## Tips:

- Use the arms to strongly support the head and neck, with the elbows energetically reaching out to the sides.
- Use the sides of the body (ribs to hips) to initiate the twist.
- Don't just move your elbows. Lead from armpit-side rib area, diagonally in direction of the opposite pelvic crest.
- The upper body, including the head and arms, must rotate together as an integrated unit.
- For proper execution, one shoulder blade must clear the floor, moving in the direction of the twist.
- For a greater challenge keep the elbows wide without letting them touch the floor as the body twists side to side.
- If the low back starts to arch up and the pelvis tilts forward, bend the knees slightly and angle the legs higher.
- Don't let the spine crunch too far forward during the twist. Think long C-curve to avoid pulling on the lumbar spine.
- Don't bend to the opposite side instead of rotating. The action is a spinal twist.
- During the twist, make sure the pelvis doesn't sway from side to side or hike up at the bottom. Stabilize!
- Legs must extend straight and smoothly from the hips (no jarring knees) as the spine rotates above the pelvis.
- If coordination is difficult, try crisscross with feet and hips rooted to the floor for more stability. Then gradually add the legs once the spinal rotation and pelvic stability have been demonstrated.

## Modifications

Beginner/Tightness: Keep knees slightly bent throughout the range of motion and legs angled higher. Another option is to keep feet flat on the floor. Lift, lengthen and twist just the upper body, keeping hips and legs stable.

Advanced: Quicken the repetitions while maintaining stabilization and flow. Or slow the repetitions and exaggerate control by keeping the elbows wide with both shoulder blades slightly off the floor through the twists and limiting the flexion of the knees and hips to 90 degrees as the legs draw back to the pelvis.

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## Buddha Belly to Beach Body

Tracy Campoli and Jennifer Farthing

888-576-0340

[team-pilates.com](http://team-pilates.com)

#### **8/4 Essential Extras**

Personalized Pilates, Scottsdale, AZ

(602) 750-5799

[PersonalizedPilates.com](http://PersonalizedPilates.com)

#### **8/4 Certification Preparation**

Personalized Pilates, Scottsdale, AZ

(602) 750-5799

[PersonalizedPilates.com](http://PersonalizedPilates.com)

#### **8/4 Reformer on the Mat with Davidson Reid**

Studio Lotus, Atlanta, GA

(404) 817-0900

[studiolotus.com](http://studiolotus.com)

#### **8/4 Reformer on the Tower with Davidson Reid**

Studio Lotus, Atlanta, GA

(404) 817-0900

[studiolotus.com](http://studiolotus.com)

#### **8/5 Communication Skills**

Personalized Pilates, Scottsdale, AZ

(602) 750-5799

[PersonalizedPilates.com](http://PersonalizedPilates.com)

#### **8/11–18 Pilates Week**

Rancho La Puerta, Baja California, Mexico

800-443-7565

[rancholapuerta.com](http://rancholapuerta.com)

#### **8/18 Intensive Mat Teacher Training with Lynne Robinson and U.K. trainers**

Body Control Pilates Canada, Toronto

(416) 910-3834

[bodycontrolpilates.ca](http://bodycontrolpilates.ca)

#### **8/18–19 Tower Above Other Instructors**

Personalized Pilates, Scottsdale, AZ

(602) 750-5799

[PersonalizedPilates.com](http://PersonalizedPilates.com)

#### **8/24 How to safely teach Pilates to Clients with Osteoporosis with BCP founder Lynne Robinson**

Body Control Pilates Canada, Toronto

(416) 910-3834

[buddhabelly2beachbabe.com](http://buddhabelly2beachbabe.com)

In the July/August issue of *Pilates Style*, we offer a workout that's guaranteed to get your body for bikini ready in just 20 minutes a day. Now, exclusively for newsletter subscribers, we've designed a 7-minute express workout. What better way to spend your few extra minutes each day?



## **Warm-Up**

### **Mermaid Stretch**

1. Kneeling on your mat with your pelvis stacked directly above your knees, spine in alignment, sit back on heels, like a certain little mermaid might.
2. Inhaling, interlace fingers and raise arms overhead, allowing the shoulders to fall down your back; exhale and lower your arms. Repeat.
3. On the next inhale, raise your right arm overhead in a curved arc and lean over to the left as you plant your right sitz bone on the mat. Maybe your left elbow comes into contact with the floor? Hold the position for 2 full breaths. Repeat on the other side and come up to center.

## **Work Those Abs!**

### **Jazz Hands**

1. Lie on your back, legs in tabletop position, with arms by side; lift head and curl to look at the abdominals.
2. Inhale and extend arms up by your ears, legs up and out to a 45-degree angle. Exhale and contract abdominals deeply to draw your legs back to table position and return your arms to your sides. Repeat 5 times.

*Challenge:* Repeat sequence 5 times more, keeping your arms extended up by your ears

*Tip:* Go ahead and give your hands a flutter and a shake to keep you motivated—Jazz Hands!

[bodycontrolpilates.ca](http://bodycontrolpilates.ca)

**9/8–15 Pilates Week with Madeline Black**

Rancho La Puerta, Baja California, Mexico  
800-443-7565  
[rancholapuerta.com](http://rancholapuerta.com)

**9/9–16 Women's Pilates Week with Mari Winsor**

Cal-a-Vie, Vista, CA  
866-772-4283  
[cal-a-vie.com](http://cal-a-vie.com)

**10/20–27 From the Core: Eco-adventures, Pilates, Gyrokinesis® and Yoga with Tannis Kobrinsky of Health Habittravels**

Jungle Bay Spa and Resort  
Dominica, Caribbean  
(213) 482-3150  
[healthhabittravels.com](http://healthhabittravels.com)

**11/17–23 Body Control Pilates with Lynne Robinson**

Chiva-Som International Health Resort, Hua Hin, Thailand  
[chivasom.com](http://chivasom.com)

### Gut-Be-Gone

1. Lie on your back, with legs in tabletop if you're a beginner or extended up to a 90-degree angle if you're advanced. Place arms alongside your body on the mat.
2. Inhale and lower legs 6–12 inches. Exhale and contract your abs to return legs to start position. Repeat 10 times.

*Challenge:* Repeat sequence 10 times with head lifted and arms down by your sides or with hands behind your head, elbows wide.

*Tip:* Feeling the strain in your neck? Place the tip of your tongue on the roof of your mouth and feel the relief!

### New York Rowing

1. Sit up on sitz bones with knees bent, feet, knees and ankles squeezing together. Place hands lightly behind thighs.
2. Inhale to prepare. Exhale and contract abdominals while rolling back with body in a letter C shape.
1. Repeat: 4 times

*After 4th curl, stay in rounded C-shape; let go of thighs*

### Variation 1—Bicep Curls

1. Inhale: with arms parallel to floor alongside body.
2. Exhale: contract abdominals and curl arms into a bicep curl.
3. Repeat: 10 times

### Variation 2—Rowing

1. Inhale: back of hands together, arms in front at eye level, mostly straight but with a gentle bend at the elbow.
2. Exhale: contract abdominals open elbows out to side.
1. Repeat: 10 times

### Variation 3—Open Arms

1. Inhale: with bent arms forming a circle
2. Exhale: contract open arms out to the side
3. Repeat: 10 times

### Cool It Down

#### Kitty Cat Stretch

You deserve this beautiful spine stretch after all of that hard work. It looks lazy, but it's a very active stretch. As you repeat this sequence, watch the tightness in your hips and shoulders melt away.

1. Lie down on your back, legs outstretched in front of you.
2. Bend the right knee in to your chest and hug it with both hands. Take a breath. Stretch right arm out to your side,

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merrithew CORPORATION

palm up, as you gently bring the right knee across the body and touch it down to the left of you, using the left arm to help it over and continue holding it lightly. (It's OK if your shoulder and even your palm pops up while the knee touches.) Hold for 3 breaths. Bring the knee back to center and release the leg. Switch sides and repeat



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