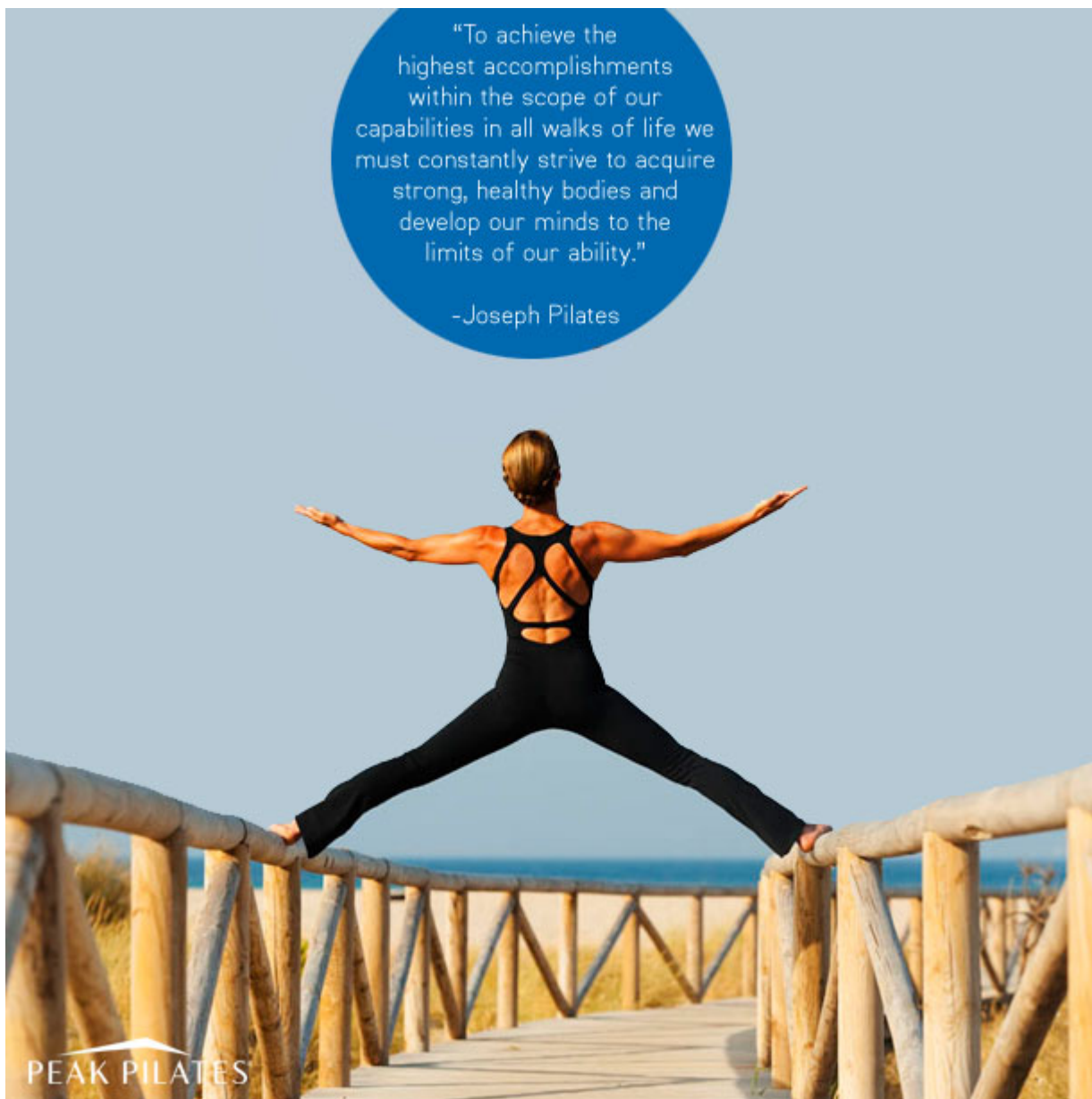


# Technique Tuesday | Joseph Pilates

On Technique Tuesday we bring you a little insight, motivation, or recommendation to help you through your week. Check out this Tuesday's tip given by Joseph Pilates:

"To achieve the highest accomplishments within the scope of our capabilities in all walks of life we must constantly strive to acquire strong, healthy bodies and develop our minds to the limits of our ability."

-Joseph Pilates



PEAK PILATES