

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 tip given by Joseph Pilates:

"Pilates is designed to give you suppleness, natural grace, and skill that will be unmistakably reflected in the way you walk, in the way you play, and in the way you work."

-Joseph Pilates



PEAK PILATES