

Pilates Esercizi Per Schiena Cervicale E Colonna

Synergise Pilates provides traditional Pilates classes on the mat and reformer. Pilates and Barre Instructor Stacey is a Pilates Teacher Trainer, Sports and Holistic Therapist working in Lewes and ... Right Balance Pilates, Lewes. 2,435 likes · 250 talking about this · 876 were here. Group Pilates classes that focus on strength, flexibility, and mobility Right Balance Pilates opened in Lewes, DE in January, 2017. The studio, which has ten Allegro II Reformers, hosts both group and private Reformer and Mat Pilates throughout the year, and FLOAT ... Read what people in Lewes are saying about their experience with Right Balance Pilates at 1600 Pennsylvania Ave - hours, phone number, address and map. Apr 27, 2026 · Lewes, Delaware pilates studio guide to help you find the best pilates studio to match your needs. Detailed listings include a bio, specialties, photos, and contact info! Pilates reformer machine Pilates (/ prɪˈlɑːtiːz / pil-AH-teez, [1][2] German: [piˈlɑːtəs] ⓘ) is a type of mind-body exercise that encompasses the original discipline created by Joseph Pilates and the ... Jan 20, 2026 · Head to these Pilates studios for workouts to increase flexibility, build core strength, and improve balance. What are people saying about pilates near Lewes, DE? This is a review for pilates near Lewes, DE: "Had such an amazing time visiting a couple of the studios. Pilates is definitely a great exercise as it ... At Right Balance Pilates, our certified Pilates instructors will help you find the Right Balance for your mind, body and soul. Get more information for Right Balance Pilates in Lewes, DE. See reviews, map, get the address, and find directions.

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