

The Pilates Deck By Shirley Archer, Nicole Kaufman

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Classes were in a state of the art pilates studio, or sometimes in the sunshine on a deck under the palm trees and blue skies. Our little group was treated to a

The pilates deck: shirley archer, nicole kaufman: 0765145101899

The Pilates Deck Cards – October, 2003. by Shirley Archer (Author), Nicole Kaufman (Illustrator)
Nicole Kaufman is a freelance illustrator whose work has appeared in several publications and books.

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She is the author of Fitness 9 to 5, Pilates Fusion, The Pilates Deck, The Walking Deck, and The Strength and Toning Deck (all from Chronicle Books). Shirley

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The pilates deck: 50 exercises to strengthen, lengthen and tone

The Pilates Deck is a complete training manual consisting of 50 different exercises. It is easy to use and self explanatory. Complete descriptions are provided

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