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coverage of Indy's cultural landscape **The Pilates Method of Body Conditioning** Sean P. Gallagher, Romana Kryzanowska, 1999 Here's your opportunity to begin working out with the world's fastest growing exercise program originated by Joseph H. Pilates. Once used mainly by performing artists and athletes, this low stress program is now available to millions of active and sedentary people to improve their physical and mental well-being. The book contains more than 70 exercises with over 300 photographs to show you how to work out at home or in the office on the various Pilates apparatus. *Small Business Sourcebook*, 2007-12 *Northwestern Christian Advocate*, 1907 **San Diego Home/garden**, 1987 *Noseweek*, 2007 **The Ladies' Home Journal**, 2008-07 **Ladies' Home Journal**, 2008 **American Agriculturist**, 1908 *U.S. News & World Report*, 1997 Printing, 1928

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