



## Reformer Pilates

**Sheetal's**  
**CORE**  
**PILATES**

# REFORMER

*Pilates*

- Boost energy & lower stress levels
- Improves motivation & mood
- Improves immunity & blood circulation
- Enhances bones quality
- Aids sports performance

Bridging is an effective exercise that provides a full-body workout that can help develop a strong core and tone a variety of major muscle groups. It's ideal for helping maintain muscle tone and to strengthen the legs, glutes, shoulders and back to limit aches and pains. To know more details visit <https://www.corepilates.in/>