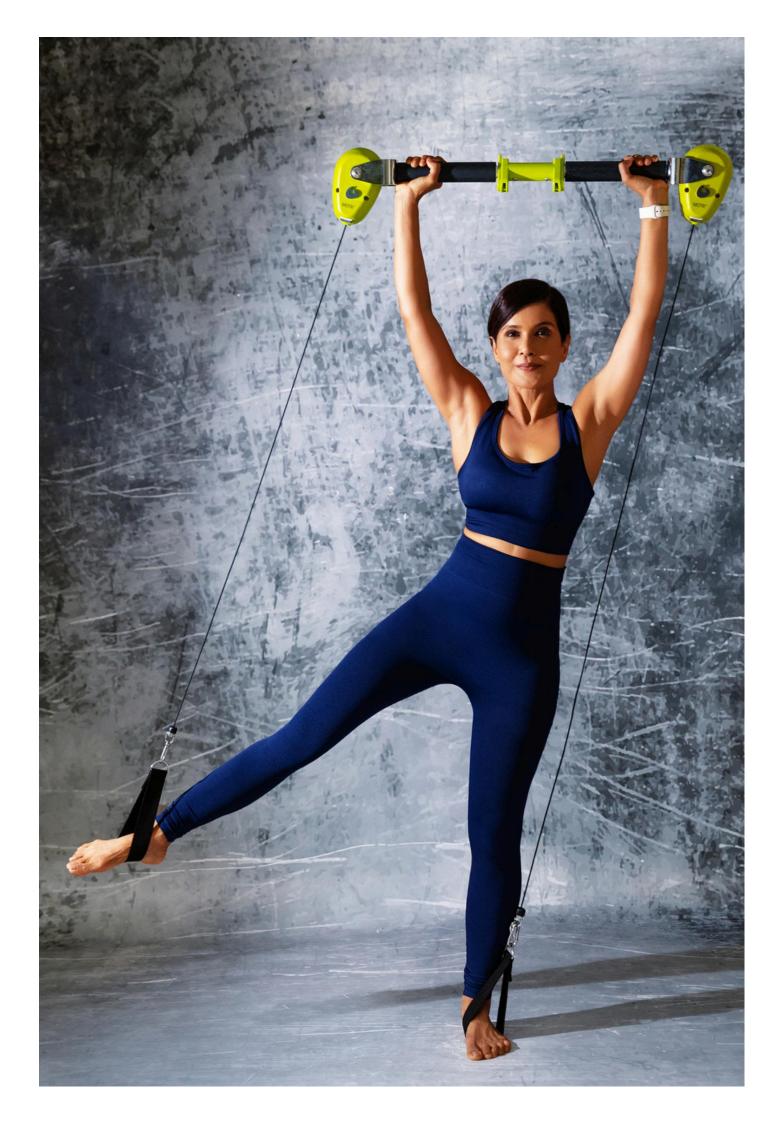


## Elevate Your Pilates Routine: Exploring Motr for Dynamic Core Training



Experience dynamic <u>Motr Pilates</u> at Sheetal Core Pilates Studio in Mumbai! Elevate your fitness with specialized sessions focusing on core strength and balance. Join us to sculpt a stronger, more flexible body!