



# **Personal Trainer: Pilates & Yoga: The At-Home Fitness Class to Improve Core Strength, Balance and Flexibility**

*Jill Everett*

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## **Personal Trainer: Pilates & Yoga: The At-Home Fitness Class to Improve Core Strength, Balance and Flexibility** Jill Everett

Written by a leading practitioner of both disciplines, *Pilates & Yoga* combines the best of both in one unified exercise approach. The resulting safe and gentle workout produces strength, suppleness, and weight loss, while promoting emotional balance and a sense of wellbeing. Using inexpensive resistance bands instead of Pilates machines, this unique system is ideally suited for home use.

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