



# **The Pilates Body Kit: An Interactive Fitness Program to Strengthen, Streamline, and Tone (includes 2 audio cds, flash cards & workbook)**

*Brooke Siler*

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*Brooke Siler*

## **The Pilates Body Kit: An Interactive Fitness Program to Strengthen, Streamline, and Tone (includes 2 audio cds, flash cards & workbook) Brooke Siler**

Pilates is the fastest-growing trend in fitness today, with millions enjoying its muscle strengthening and body toning benefits. In this follow-up to her *New York Times* bestseller *The Pilates Body*, Brooke Siler provides a safe, effective, and personalized Pilates course for home or travel that allows readers to progress at their own pace, with a master teacher leading the way.

This unique, interactive kit contains:

- Two 70-minute-plus audio CDs containing eight complete classes
- 70 full-color instructional cards with photographs of each pose and breathing and techniques tips
- A 64-page workbook with a 20-page journal and a record-keeping section to track progress.

Brook Siler was hailed by *Vogue* as one of America's most sought after Pilates trainers. Author of the *New York Times* bestseller *The Pilates Body*, she is owner of the acclaimed re:AB® studio in New York City, where her clients have included Madonna, Liv Tyler, Amber Valletta, and many others. She studies under the tutelage of Romana Kryzanowska, Joseph Pilates' protege for more than 30 years, and now sits on the board of the Pilates Guild®.

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