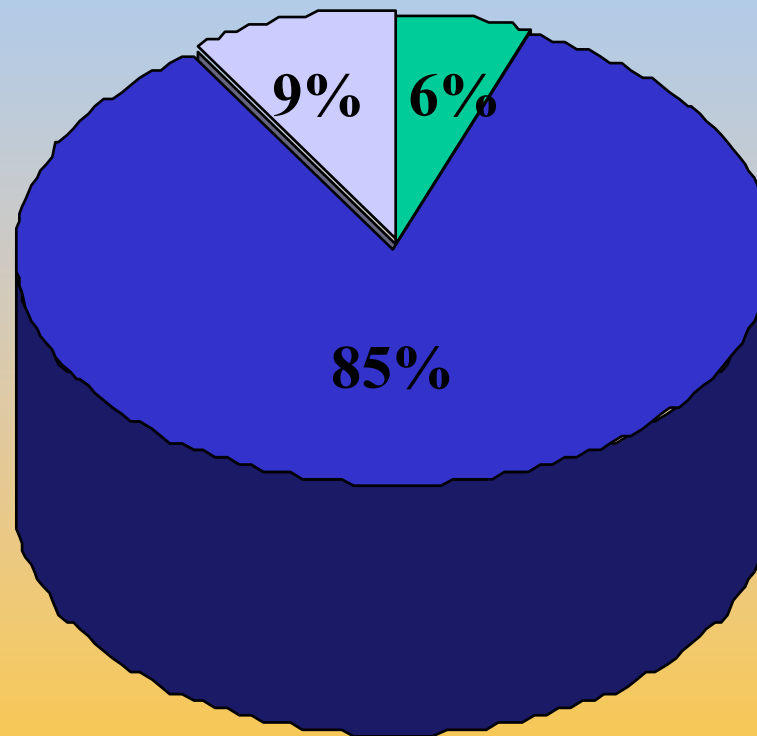


## Q. Did Pilates under the supervision of a physiotherapist influence you to join classes?



**100%** said they felt safer exercising in SPINE Pilates™ ,  
a physiotherapist designed and supervised programme