

City Library Reading Guide

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PILATES

AUTHOR	TITLE	YEAR	LOCATION
Ackland, Lesley	Pilates over 50: longer, leaner, stronger, younger	2003	613.71 ACKL
Archer, Shirley	Pilates fusion: wellbeing for body, mind and spirit	2004	613.71 ARCH
Austin, Denise	Pilates for everybody: strengthen, lengthen and tone your body	2005	613.714 AUST
Blount, Trevor	Pilates basics	2003	613.71 BLOU
Kelly, Emily	Pilates: simple techniques for a strong, lithe, healthier body	2003	F 613.71 KELL
King, Michael	Pilates: the complete body system	2003	613.71 KING
Menezes, Allan	The complete guide to the Pilates method: from lower back pain to muscle conditioning	2001	F 613.71 MENE
Morgan, Miranda	My first book of pilates	2003	613.71 MORG
Muirhead, Malcolm	Total pilates	2003	F 613.71 MUIR
	Pilates for beginners (DVD)		613.71 PILA
Pohlman, Jennifer	Simply pilates	2002	F 613.71 POHL
Robinson, Lynne	The official body control Pilates manual	2002	613.41 ROBI

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- or ask a City Library **staff member** to help you