

# **Form Pilates' Pilates Conscience: Abs, Upper Body, And Back & Lower Body [Unabridged] [Audible Audio Edition] By Lindsay Adela Lopez**

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**lindsay lopez | linkedin** - FORM Pilates. Owner and Freelance Instructor. Starting January 1999. Your Pilates Conscience. Writer and guest blogger on topics pertaining to Pilates and fitness.

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