

# Pilates Plus: Grown-Up Pilates For 50+ By Alan Herdman;Gill Paul

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formerly dancer and teacher at the london school of contemporary dance, alan herdman is a world-renowned pilates expert. he originally trained in new york with two

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**Alan herdman (author of pilates directory) -**

Alan Herdman is the author of Pilates Directory Fit for Life by Alan Herdman, Gill Paul Pilates Plus: Grown-Up Pilates for 50+ by Alan Herdman,

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