

The Pilates Deck By Shirley Archer

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Shirley Archer, JD, MA, is a certified Pilates and yoga instructor, group fitness instructor, and personal trainer, and has been a fitness professional for more than

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Shirley Sugimura Archer, M.A., is a certified Pilates trainer, wellness educator at Stanford University School of Medicine, award-winning author, popular speaker, and

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With the 50 exercises in The Strength and Toning Deck, Shirley Sugimura Archer, M.A., is a certified Pilates trainer, More about Shirley Archer.

Shirley archer - idea health & fitness

Shirley Archer, JD, MA, was the 2008 IDEA Fitness Instructor of the Year and is IDEA's mind-body-spirit spokesperson. She is a certified yoga and Pilates teacher and

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Shirley Sugimura Archer, M.A., is a certified Pilates trainer, wellness educator at Stanford University School of Medicine, award-winning author, popular speaker, and

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Shirley Archer, JD, MA, was the 2008 IDEA Fitness Instructor of the Year and is IDEA's mind-body-spirit spokesperson. She is a certified yoga and Pilates teacher and

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Shirley sugimura (author of the pilates deck) -

Shirley Sugimura is the author of The Pilates Deck (4.14 avg rating, 7 ratings, 0 reviews, published 2003), The Strength and Toning Deck (3.86 avg rating

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