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Description:

About the Author Alycea Ungaro, P.T., is the owner of Real Pilates (tm), and the author of several best-selling Pilates titles including *Portable Pilates* (tm) and *The Pilates Promise*. Alycea has personally trained many celebrities including Madonna, Uma Thurman, and Christy Turlington with whom she has also collaborated on a Pilates Bootie for Puma(tm). Alycea presents seminars and workshops nationally and also serves on the advisory board of Fitness Magazine. Alycea is a featured personality on iampify.com where you can download her signature workouts to your desktop or iPod. --This text refers to an out of print or unavailable edition of this title.

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