

WoW Pilates Studio



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If you want to feel younger, happier and fitter than your present self or improve your posture, relieve muscle aches and pains and increase strength and flexibility in your body, switch to Pilates. Wow Pilates is a known and trusted pilates studio in St. Albans that offers pilates classes near you and pilates instructors for one-on-one sessions too. We offer both live and virtual pilates classes in St. Albans. We boast of our amazing and STOTT PILATES certified pilates teacher Lorraine Paul who owns the studio. Get in touch today for enrolling or more information. Website :

<https://www.wowpilates.net>

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