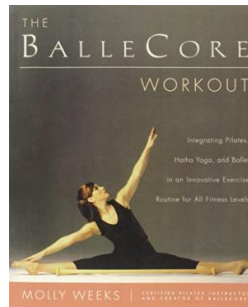


## The Ballecore(r) Workout: Integrating Pilates, Hatha Yoga, and Ballet in an Innovative Exercise Routine for All Fitness Levels



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