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Stott Pilates is a branded version of the Pilates method of physical exercise that was developed by Moira Merrithew (n e Stott) and commercialized by Moira with her husband, Lindsay Merrithew, starting in 1988.

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STOTT PILATES is an anatomically based approach to the original exercise method pioneered by the late Joseph Pilates in the 1920's. It incorporates modern exercise science and rehabilitation principles to improve core strength and balance the muscles around the joints to improve the way your body functions, looks and feels.

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