

# weightwatchers

## target & tone pilates fitness kit

Get up, get moving, and start getting in better shape with **Target & Tone Pilates**, a fitness program created especially for Weight Watchers® members. The practice of Pilates is designed to improve muscle tone, flexibility, balance and posture. Combining Pilates and the use of the Toning Circle in this kit, you can strengthen your core and get a total body workout! With the option to choose your own level and progress toward your goals, it is fun to power through these workouts to a stronger you! Setting aside time each day for activity is a great addition to your plan and is key to your weight-loss success. With short and long workout options, **Target & Tone Pilates** is easy to fit into any daily routine!

### product highlights

- Flexible toning circle
- DVD with beginner, intermediate and advanced options
- 10 week exercise tracker



fitness