

A group of women are participating in a Pilates session in a gym. They are sitting on black mats on a dark floor, each with a blue exercise ball. They are performing a side-body stretch, with one arm extended upwards and the other resting on the ball. The gym has large windows on the left, a rack of dumbbells in the background, and a potted plant. The scene is overlaid with a yellow and white diagonal graphic on the left and a light purple diagonal graphic on the bottom right.

# COQP ALS AGE E

Session à venir Octobre 2025

*Inscrivez vous !*