13th Beach Health Services

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Company logo

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At 13th Beach Health Services, experience the transformative benefits of Mat Pilates in Ocean Grove. With a dedicated focus on enhancing core strength, flexibility, and overall body conditioning, their expert instructors lead invigorating Mat Pilates sessions. These classes cater to various skill levels, offering a supportive environment for participants to improve posture, balance, and muscle tone. Discover a holistic approach to wellness at their facility, fostering physical vitality and well-being through the art of Mat Pilates.