

OnlinePilatesClasses.com Launches Innovative OPC Barrels Flashcards Deck for Pilates Instruction

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OnlinePilatesClasses.com (OPC) is thrilled to announce the launch of the OPC [Pilates Barrels Flashcards](#) Deck, an innovative educational resource designed to revolutionize how Pilates practitioners engage with classical barrel work. This is the 5th of what is planned to be 6 decks. This dynamic teaching tool is designed for Pilates students, instructors, and studio owners seeking to deepen their understanding of barrel equipment while minimizing screen time.



OnlinePilatesClasses.com Barrel Flashcards

The OPC Barrels Flashcards Deck encompasses the Spine Corrector, Ladder Barrel, Small Barrel, and the C-Shaper, featuring over 114 carefully designed cards. Each card provides crucial setup tips, transitions, repetitions, modifications, and direct links to QR-coded video tutorials. This interactive, screen-free format allows users to delve into barrel work with clarity and confidence, ensuring that practitioners of all levels can access and enjoy the experience.

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With the Barrels Deck, we aim to demystify this essential component of classical Pilates... to make it fun and approachable, whether in a studio setting or at home.”

Lesley Logan

“Barrel work can be daunting, even for experienced Pilates enthusiasts,” said [Lesley Logan](#), founder of OnlinePilatesClasses.com. “With the Barrels Deck, we aim to demystify this essential component of classical Pilates... to make it fun and approachable, whether in a studio

setting or at home.”

More than just an educational tool, the Barrels Flashcards Deck serves as a bridge to the OPC membership experience, allowing users to ask their Pilates questions and transition into a

supportive community of Pilates practitioners seamlessly.

“This isn’t just another fitness program,” Lesley emphasized. “OPC is designed for real life, providing short, impactful classes that cater to individual needs. The OPC Barrels Flashcards Deck is available for global shipping and requires no subscription for immediate access, empowering users to elevate their Pilates practice on their terms.

For further details about the OPC Barrels Flashcards Deck, visit [OnlinePilatesClasses.com](<https://www.onlinepilatesclasses.com>)

About OnlinePilatesClasses.co
Co-Founded by Lesley Logan, OnlinePilatesClasses.com is committed to making classical Pilates accessible to practitioners around the globe. With a focus on expert guidance and community support, OPC provides a platform for individuals to cultivate a consistent and rewarding Pilates practice that seamlessly fits into their lives.

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Lesley Logan OPC Flashcards



All OPC Flashcards

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