Hi, I'm Carrie Russo. Thank you so much for joining me for this 6-class series called Evolution Wunda. I created this program because the Wunda chair has become sort of my love baby, and the reason why is because I always had struggled with a tight low back, and I decided to do 4 of my own classes for my own body targeting my issue. And within those 4 classes back to back, it transformed my back forever. And now it's something I maintain. So I wanted to give you that same opportunity. And I promise you, you will have the same effect that I had. So I broke this down into 6 different classes. Each class targets a different issue or area. There's an upper body, a lower body. I also give you a balance class and also a Full body workout. My goal in all of this is to show you how well-rounded and versatile this little apparatus can be. Joe Pilates created this for all of his New York clients who lived in these tiny New York apartments. So he created the Wunda Chair so that people could do a full workout in the comfort of their own tiny little home. This is great for you if you have a Wunda Chair, And you are well-versed in the Wunda Chair. If you're an athlete and you're struggling with something in your own sport, if you take the class that is most challenging for you and you repeat that, I promise you within a month you will see an improvement in whatever sport that you do. And my last wish for you is that you sweat and have fun.