

Hi, I'm Veronica Ruiz. I'm very excited for sharing with you this strong and powerful reformer Series. A total of six workouts with many variations for challenge yourself, creating new connections and becoming accessible the exercises. The goal is improve the strength to push your intermediate workout into the next level. For me, it's a great way to keep my practice alive. In addition to thinking about how I can help my clients to get progress. Let's have fun and exercise together. Thanks for joining me.