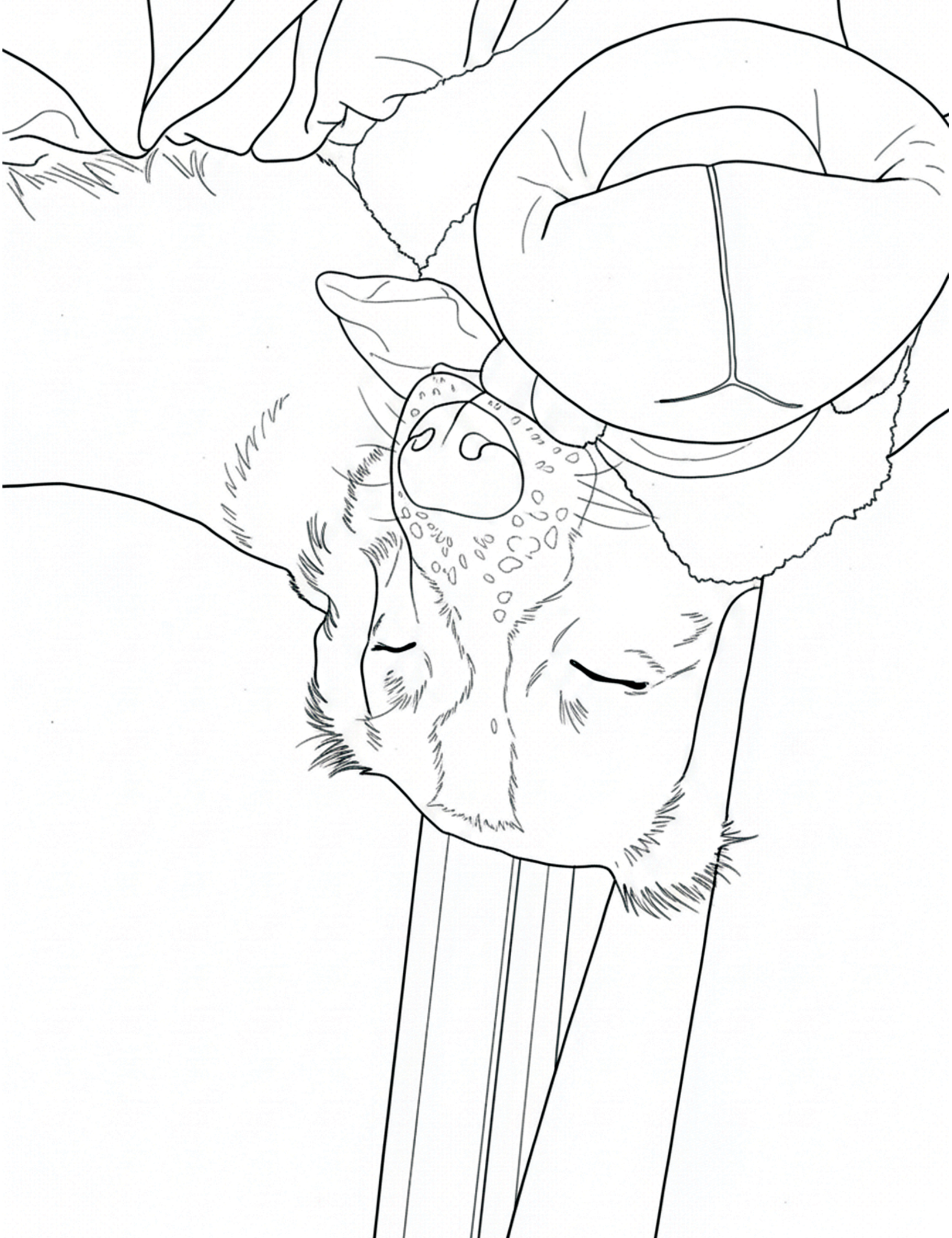






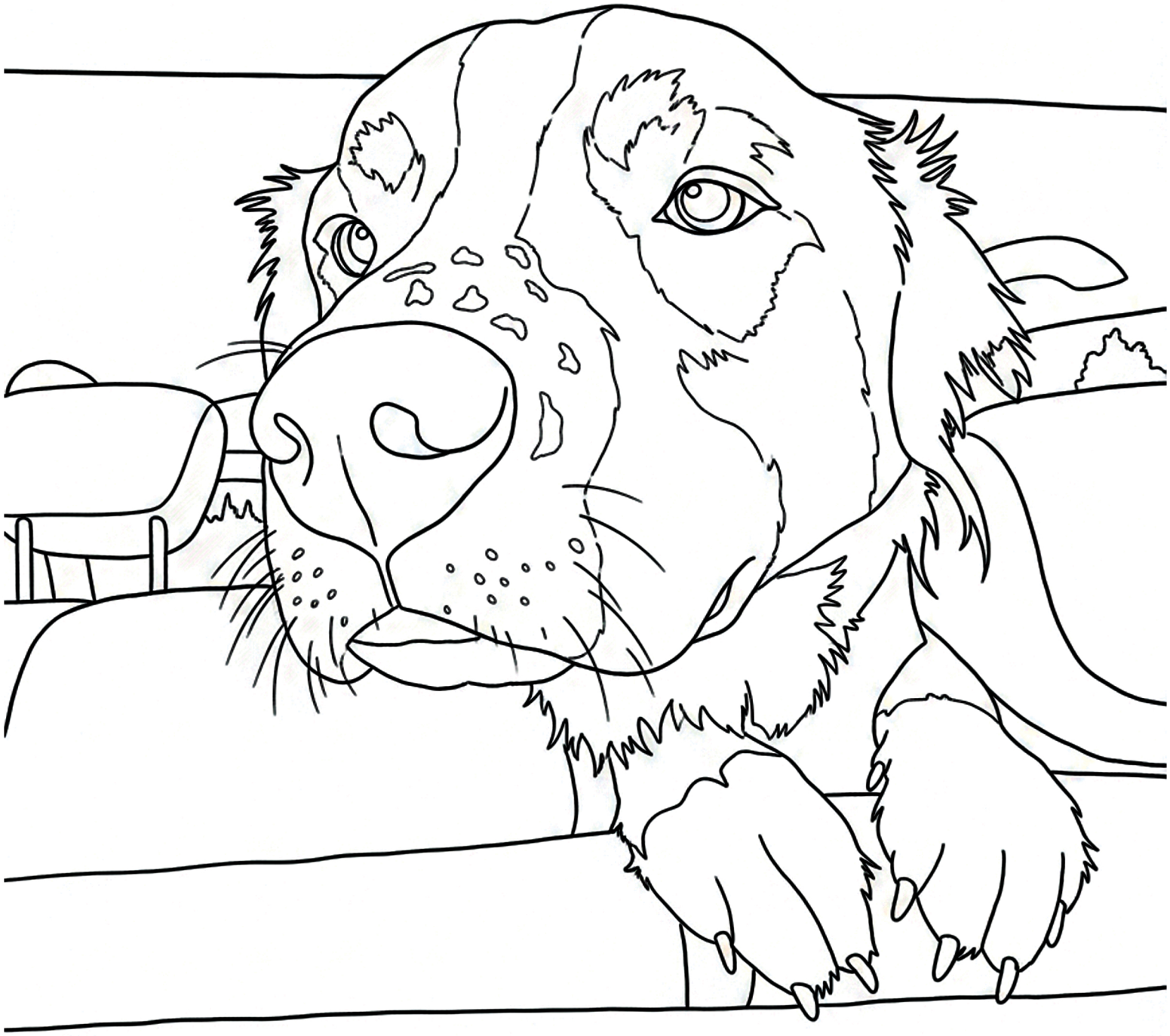




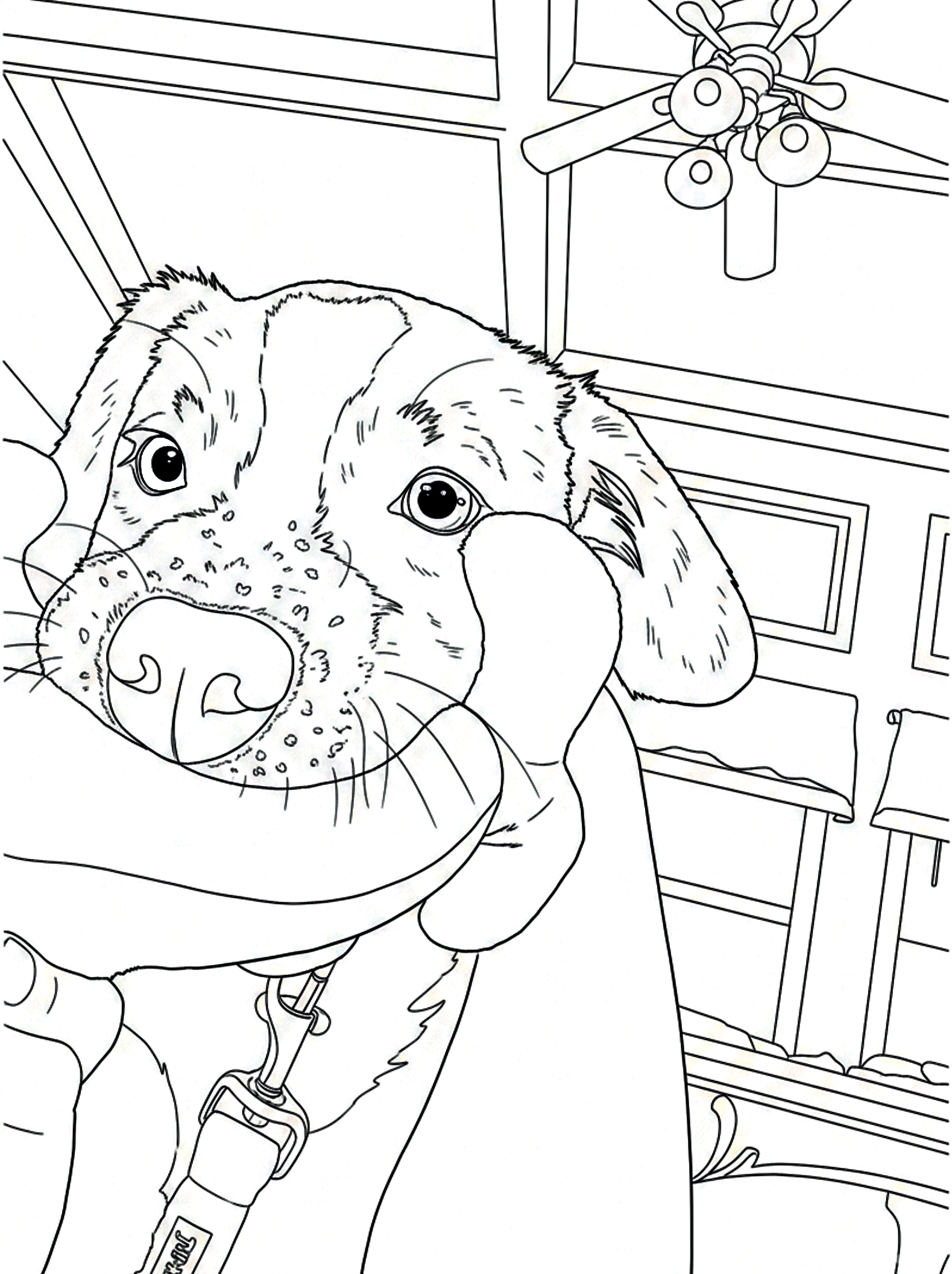




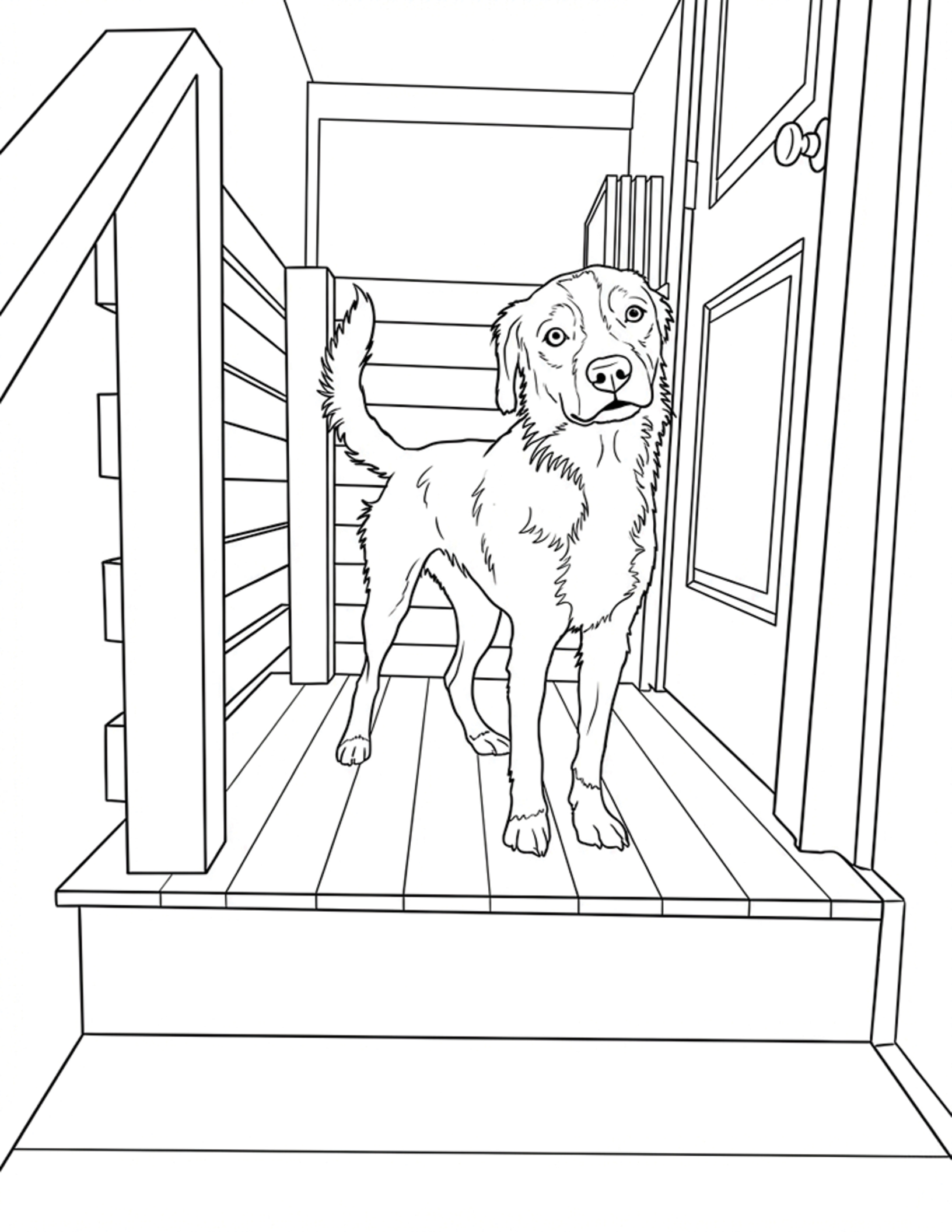














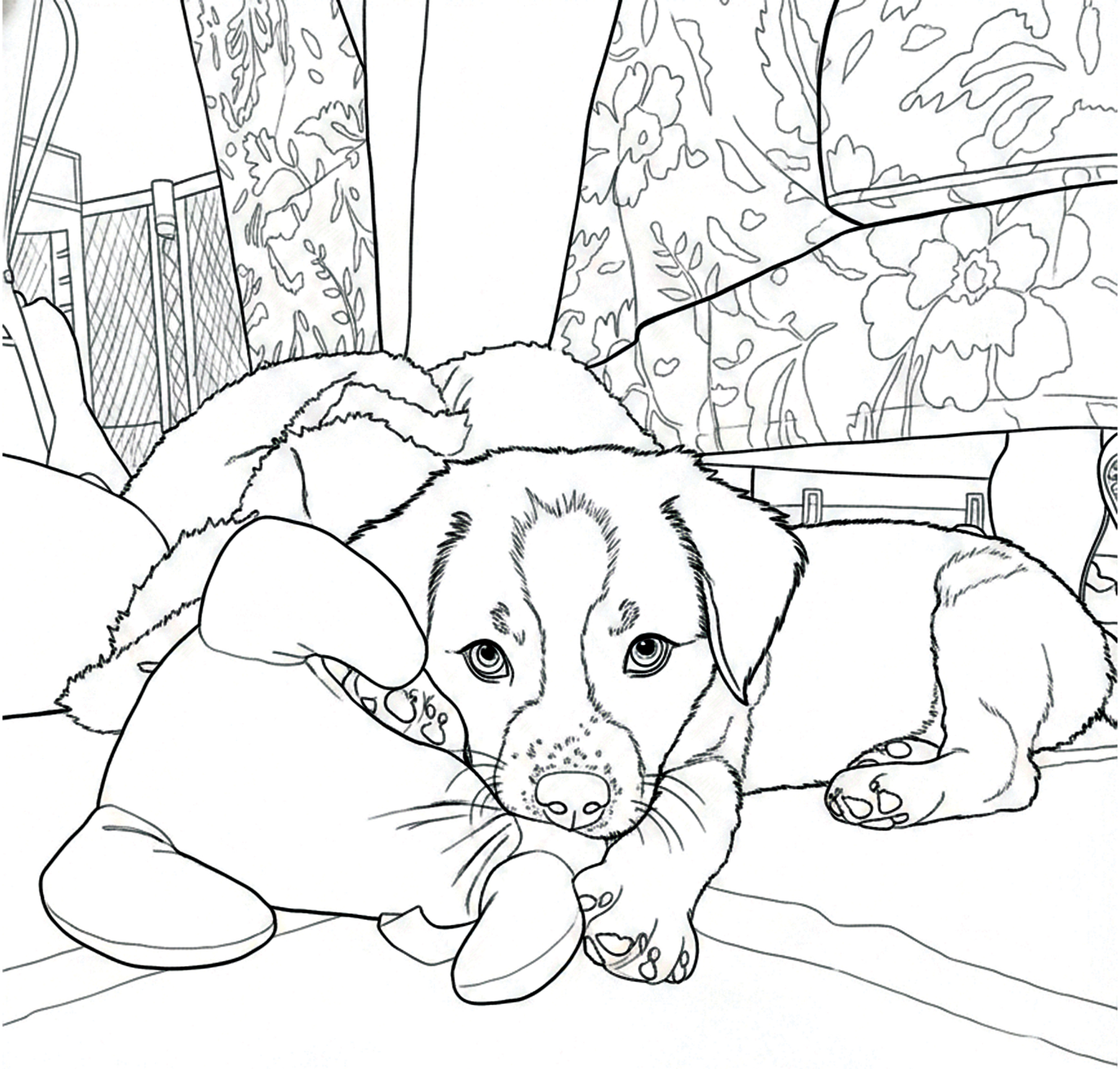













PILATES