

Erratum

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The E-First-Version contains an error in Titel and the Acknowledgement.

The correct Titel are:

Pilates vs. Balance Training in Healthy Community-Dwelling Seniors: a 3-arm, Randomized Controlled Trial

And the Acknowledgement is correct:

We kindly acknowledge Simone Walker for her help during the course of exercise testing and training. We also appreciate the engagement and compliance of all included seniors. The Pilates Studio Spirit need to be mentioned for providing exercise materials and rooms. We would like to dedicate this paper to Arlette Herzig-Latscha who passed away between data collection and publishing of this paper. At the side of her husband Markus, she always appeared as an open-minded and -hearted shareholder of the Pilates Studio Spirit. We sincerely express our warmest condolences.