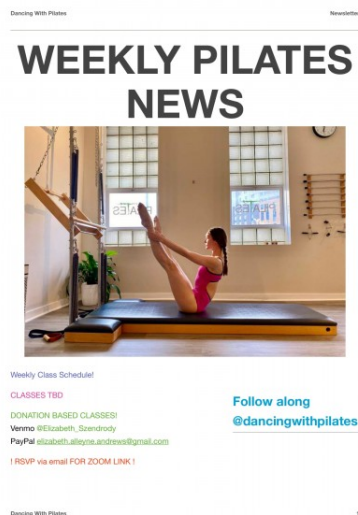


Tuesday, August 23, 2022

## Pilates Classes

Company: Dancing With Pilates

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My name is Elizabeth and I am a Professional Dancer and a Classical Pilates Instructor!

If you have always been interested in Pilates or are looking to get back into it, then keep reading!

I am teaching a number of Online/In Person Group and Private Pilates Classes all year round.

In person Private Classes can be in Long Island City, Tribeca, Upper East Side, or I can travel to your home.

In person Group Classes will be in various parks throughout the summer.

Online Group/Private Classes will be through Zoom.

ZOOM CLASSES ARE DONATION BASED.

For more information regarding Pilates Classes please respond by emailing me at [elizabeth.alleyne.andrews@gmail.com](mailto:elizabeth.alleyne.andrews@gmail.com)

AND

Follow along through my Pilates page on Instagram @dancingwithpilates

I can't wait for you to join me for some fun!!

Dancing With Pilates

For more information:

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