

October 11 - December 27, 2017

## Beginning Pilates w/ Blossom Leilani Crawford

Company: Mark Morris Dance Center  
Venue: Mark Morris Dance Center  
Location: Brooklyn, NY

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The exercises created by Joseph H. Pilates use muscle control, breathing techniques, imagery and postural alignment to strengthen the entire body. There is an emphasis on range of motion, as well as intensive work on abdominal muscles. This beginning Pilates class provides an encouraging, informative environment for beginning students to work on the foundational exercises of the technique.

Wednesdays 6:00 - 7:00pm

Instructor: [Blossom Leilani Crawford](#)

Mark Morris Dance Center  
3 Lafayette Avenue  
Brooklyn, NY, 11217  
718.624.8400  
[http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Pilates/Beg.-Pilates?](http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Pilates/Beg.-Pilates?utm_source=dancenyc&utm_medium=website)  
[utm\\_source=dancenyc&utm\\_medium=website](http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Pilates/Beg.-Pilates?utm_source=dancenyc&utm_medium=website)

Schedule  
October 11, 2017: 6:00pm  
October 18, 2017: 6:00pm  
October 25, 2017: 6:00pm  
November 1, 2017: 6:00pm  
November 8, 2017: 6:00pm  
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