

January 23 - June 26, 2026

## Community Pilates

Company: Rhythmic Arts Center NYC  
Venue: Rhythmic Arts Center NYC  
Location: New York, NY

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Join our neighbor, Dallas Fuentes, on Fridays at 10AM for a 60-minute Classic Pilates Mat Class! It will be donation-based to be paid at the door.

Dallas Fuentes is a Pilates "OG", celebrating 26 years of perfecting parts and improving wellbeing. In 2000, long before faux Pilates emerged and the virtual teaching craze and gyms began offering over-crowded mat classes, she began her classical Pilates Teacher Training with, at the time famed Pilates Master, Romana Kryzanowska, and her team at Drago's Gymnasium on W. 57th St. in NYC. After completion of 500 hours, she enrolled in the Kane School for Core Integration, a body college that was founded to teach fitness professionals anatomical knowledge. Her aim was to deepen her understanding of Pilates and embodied movement.

Immediately after training, she opened Perfect Parts Pilates, a home-based, boutique Pilates studio in East Harlem where she teaches privates, duets, and trios. Her approach features introducing a logical progression of Pilates exercises so a deep understanding of the method can be obtained and the six principles (precision, fluidity, concentration, control, centering, and expansive breath) that undergird the technique can be demonstrated. You don't just learn choreography; you learn the biomechanics - the science of movement.

Dallas is also a certified teacher of Yamuna Body Rolling, a wellness modality that, with the use of balls of different sizes and densities, improves alignment, range of motion issues and enhances structural integrity.

She is a collector of cobalt blue glass and vintage photographs of black folks, loves jazz, high-end platform sneakers, and is working on improving her chess game. Way back in the day, she studied pole dancing.

Come move with her!

Rhythmic Arts Center NYC  
175 E. 105th St  
New York, NY, 10029  
347-262-2502  
[https://rhythmicartscenternyc.as.me/schedule/b28093bd/?appointmentTypeIds\[\]=87819045](https://rhythmicartscenternyc.as.me/schedule/b28093bd/?appointmentTypeIds[]=87819045)

Schedule  
January 23, 2026: 10:00am  
January 30, 2026: 10:00am  
February 6, 2026: 10:00am  
February 13, 2026: 10:00am  
February 20, 2026: 10:00am  
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