

OUR NEW YORK CITY DANCE

September, 5-7, 2014

Core Mat 1

Company: Power Pilates Venue: Power Pilates NYC Location: New York, NY ► <u>Share | Print | Download</u>

The Core Mat I program is the foundation of the Power Pilates method. Each subsequent program builds upon the information learned during this course. You will learn to teach the 18 beginner level mat exercises and be introduced to Power Pilates teaching tools, philosophy, and teaching formula.

Power Pilates
Power Pilates 920 Third Ave. 6th Floor
New York, NY, 10022
212.627.5695
https://www.powerpilates.com/registration/event.php?event=639

September 5, 2014: 4:00pm September 7, 2014: 6:00pm

Schedule

< back

previous listing • next listing