January 8 - February 26, 2020

Dancewave Adult Fitness Classes: Pilates with Austin Selden (Drop-in)

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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Staring January 8th! Increase your strength and ease of movement with an embodied sense of your anatomy. This class focuses on engaging the core while increasing the mobility and stability of your joints. We will address any injuries and integrate your individual goals into a full body group Pilates class.Taught by Austin Selden

Cost: $13

Dancewave
182 4th Ave
Brooklyn, NY, 11217
http://dancewave.org/adult-classes

Schedule
January 8, 2020: 9:00am
January 15, 2020: 9:00am
January 22, 2020: 9:00am
January 29, 2020: 9:00am
February 5, 2020: 9:00am
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