

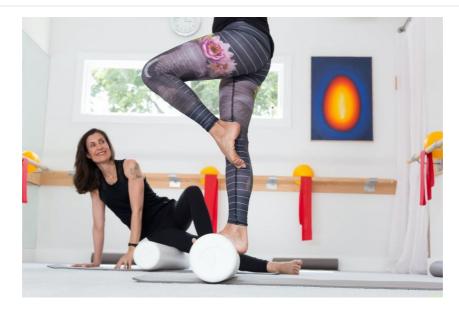


## FOR AUDIENCES

Community Calendar Volunteering

## Wednesday, December 2, 2020 - Monday, March 8, 2021 New Zoom Classes ! Roller and Mat with Props by donation

Company: Pilates Zone Erica Essner Venue: Zoom Class Location: Brooklyn, NY ▶ Share | Print | Download



Pilates Zone is offering New by donation classes!

Introduction to the Roller Class with Erica Essner

MONDAYS 11am-11:45

Great for dancers. The roller provides a full-body strengthening tool as well as a stretch and massage tool. This class is very restorative and feels good on the body allowing the soft-tissue to release and helps increase shoulder and abdominal stability.

## WEDNESDAYS AT 11AM

PILATES MAT WITH PROPS with Erica Essner This class will focus on deep abdominal strengthening and using the breath to increase strength. Using the theraband we will add stretches for the shoulders, hamstrings, hips and spine. Using free weights we will work on bicep/tricep strength in motion. Props can be substituted with rolled towel and soup cans.

Pilates Zone <a href="http://www.pilateszone.org">http://www.pilateszone.org</a>

Book online <a href="https://www.pilateszone.org/book-online">https://www.pilateszone.org/book-online</a> Pay what you can

Pilates Zone Erica Essner 656 10th STREET Suite 1 Brooklyn, NY, 11215 http://www.pilateszone.org Schedule December 2, 2020: 11:00am December 7, 2020: 11:00am December 9, 2020: 11:00am December 14, 2020: 11:00am December 16, 2020: 11:00am more

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