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



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 http://www.pilateszone.org
Book online https://www.pilateszone.org/book-online Pay what you can

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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
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