Tuesday, December 8, 2015 - Tuesday, June 28, 2016

Open Mat Pilates Class

Company: Momentum Pilates
Venue: Momentum Pilates
Location: New York, NY

Photo of Dana Florin-Weiss

Starting Tuesday, December 8th, 2015
Tuesdays from 6:45-7:45pm

Join Dana Florin-Weiss on Tuesday evenings for *Core Integration*, a Mat Pilates class at Momentum Pilates (80 East 11th Street, Suite 205C, NYC).

With the belief that a balanced body begins with a strong and vital core, we will work each week to build greater physical awareness and develop coordinated strength to support your moving body. This class will incorporate a variety of props including weights, therabands & foam rollers.

Open to All-Levels
Price: $30 per class

For more information, contact info@momentumpilatesnyc.com

Momentum Pilates
80 East 11th Street Suite 205C
New York, NY, 10003
http://momentumpilatesnyc.com

Schedule
December 6, 2015: 8:00pm