

Tuesday, March 5, 2019

## POP Pilates: Dance on a Mat Class

Company: Dance to Wellness

Venue: Ripley Grier Studios

Location: New York, NY

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Experience the ab-chiseling, total body defining moves of Pilates, choreographed to your favorite Top 40 hits. Create by YouTube fitness star Cassey Ho, this dance on a mat-based workout challenges you to flow from one exercise to the next, developing a rock-solid core and lean, strong muscles. Participants must be comfortable being on their knees.

Dance to Wellness

520 8th Avenue 16th Floor, Studio 16P

New York, NY, 10018

<https://www.eventbrite.com/e/pop-pilates-tickets-54813049306>

Schedule

March 5, 2019: 6:00pm

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