Tuesday, January 15, 2019

# POP Pilates in NYC

Company: Dance to Wellness, LLC
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. Created 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.

Dance to Wellness, LLC
520 8th Avenue 16th Floor, Studio 16P
New York, NY, 10018
https://www.eventbrite.com/e/pop-pilates-tickets-52446501899

Schedule
January 15, 2019: 6:00pm

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