

October 5 - December 28, 2017

Pilates Basics w/ Nathaniel Lee

Company: Mark Morris Dance Center
Venue: Mark Morris Dance Center
Location: Brooklyn, NY

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Pilates Basics focuses on form and Joseph Pilates' principles of breath, concentration, and center, as well as modern ideas of mind/body connection and coordination. This class is suitable for Pilates students of all levels.

Thursdays 6:30 - 7:30pm

Instructor: [Nathaniel Lee](#)

Mark Morris Dance Center
3 Lafayette Avenue
Brooklyn, NY, 11217
718.624.8400
http://markmorrisdancegroup.org/dance-center/adult-classes/Fitness/Pilates/pilates-basics?utm_source=dancenyc&utm_medium=website

Schedule
October 5, 2017: 6:30pm
October 12, 2017: 6:30pm
October 19, 2017: 6:30pm
October 26, 2017: 6:30pm
November 2, 2017: 6:30pm
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