

May 15 - June 5, 2024

Pilates For Hypermobility Workshop

Company: Inspira Physical Therapy & Pilates

Venue: Inspira Physical Therapy & Pilates

Location: Brooklyn, NY

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The Pilates For Hypermobility 4- Week Workshop will be hosted by Inspira Physical Therapy & Pilates. Join us for a fun and informative event where you will learn how to safely and effectively use Pilates to manage hypermobility. This workshop will be offered in-person and virtually. This 4 week series will run on Wednesdays from May 15th to June 5th. Don't miss out on this opportunity to learn from our expert instructors and connect with others who share your interest in Pilates and hypermobility. See you there!

Inspira Physical Therapy & Pilates

275 4th Avenue

Brooklyn, NY, 11215

929-295-6566

<https://www.eventbrite.com/e/pilates-for-hypermobility-workshop-tickets-886293657187?aff=oddtcreator>

Schedule

May 15, 2024: 7:00pm

May 22, 2024: 7:00pm

May 29, 2024: 7:00pm

June 5, 2024: 7:00pm

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