

FOR AUDIENCES

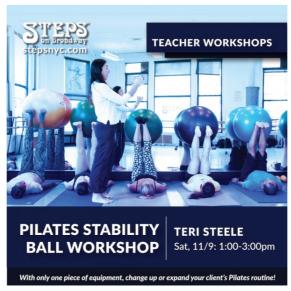
Community Calendar

Volunteering

Saturday, November 9, 2019

Pilates Stability Ball Workshop with Teri Steele

Company: Steps on Broadway Venue: Steps on Broadway Location: New York, NY ► Share | Print | Download



Paul B Goode

With only one piece of equipment, change up or expand your client's Pilates routine!

An introduction to the Steele Pilates ReForMat (TM) Stability Ball Exercises. Created by Teri, it re-imagines Pilates Cadillac and Reformer exercises into a mat formatted class. By incorporating the stability ball it will:

Make some exercises easier to perform correctly
Set you or your clients up for apparatus work
Challenge balance and joint stability, thereby getting the most out of each exercise
Strengthen inner thighs, hamstrings, and spinal extensors

For teachers, aspiring teachers, and Pilates enthusiasts.

Steps on Broadway 2121 Broadway 3rd Floor New York, NY, 10023 2128742410 https://www.stepsnyc.com/teacher-workshops/ Schedule November 9, 2019: 1:00pm

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