

April, 2-30, 2016

Pilates for Dancers - Full Equipment Studio

Company: Pilates for Dancers - Mary S. Burns

Venue: Pilates Reforming NY

Location: NY, NY

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PILATES FOR DANCERS
w/ MARY S. BURNS, PH.D.

THIS PILATES CLASS FOR PROFESSIONAL AND ASPIRING DANCERS WILL BE OFFERED WEEKLY. EXERCISE REGIMES DESIGNED FOR DANCERS, BY KAREN CLIPPINGER, UTILIZING ALL PILATES EQUIPMENT & ACCESSORIES, TO BETTER FACILITATE A DECREASED RATE OF INJURY IN A DANCE CAREER.

NEW WEEKEND CLASS!
SATURDAYS 2-3PM

**PILATES FULL EQUIPMENT CLASSES
FOR LESS THE PRICE OF TECHNIQUE CLASSES!**

A PH.D. IN DANCE EDUCATION; BASI/PMA CERTIFIED PILATES DANCE SPECIALIST; CERTIFIED SIMONSON & EVANS/BARTENIEFF DANCE INSTRUCTOR; THREE DECADES OF TEACHING EXPERIENCE AT BOTH THE PROFESSIONAL AND HIGHER EDUCATION LEVELS, & HAS BEEN ON FACULTY OF DNA, LOU CONTE/HUBBARD STREET DANCE, & JOFFREY BALLET OF CHICAGO, AND NOW GINA GIBNEY DANCE. ALSO TREASURER OF THE BOARD OF NEW YORK STATE DANCE EDUCATION ASSOCIATION; THE NYS AFFILIATE OF NDEO.

OTHER TIMES ALSO AVAILABLE -- JUST ASK!

**AVAILABLE FOR PRIVATE SESSIONS, LECTURES
& TECHNIQUE CLASSES.**

**CLASSES HELD AT PILATES REFORMING NY (PRNY)
54 WEST 39TH BETWEEN 5TH & 6TH AVE.**

**CONTACT MARY DIRECTLY:
MSBURNS199@GMAIL.COM; 773/266-2664 (c)**

A Pilates class for prof/aspiring dancers ON FULL PILATES EQUIPMENT! Only 6 students per class! 2 for \$25!

Start the day right!

8:30-9:30am at 54 West 39th Street - Pilates Reforming NY; Tue. April 5th & 19th; Thur. April 14th & 28th

OR

Saturdays 2-3pm April 2nd, 9th, 16th, 23, & 30th

Workshops coming this Summer

Pilates for Dancers - Mary S. Burns
54 West 39th Street, 2nd floor
NY, NY, 10018
773-266-2664
<http://www.msburns.com/>

Schedule
April 2, 2016: 2:00pm
April 5, 2016: 8:30am
April 9, 2016: 2:00pm
April 14, 2016: 8:30am
April 16, 2016: 2:00pm
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