Wednesday, September 18, 2019 - Wednesday, September 9, 2020

Pilates w/ Barnett

Company: RIOULT Dance Center
Location: Queens, NY

Pilates classes are a based method of training is designed to work out the whole body in an efficient and balanced way. This focus enables you to get in touch with the most effective ways of being in the body. Development of a solid, balance core, while improving strength, flexibility, mobility stability, and posture; allows for graceful and easeful movement.

Open for all ages and levels.

RIOULT Dance Center
34 Steinway St
Queens, NY, 11101
(212)398-5901
https://www.rioult.org/

Schedule
September 18, 2019: 7:30pm
September 25, 2019: 7:30pm
October 2, 2019: 7:30pm
October 9, 2019: 7:30pm
October 16, 2019: 7:30pm
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