

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

## Pilates w/ Barnett

Company: RIOULT Dance Center  
Location: Queens, NY

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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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