May, 16-30, 2021

Pilates with Ashley Larosa

Company: Kinetic Kinship (Powered by Elisa Monte Dance)
Venue: Zoom
Location: New York, NY

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Ashley Larosa teaches Pilates every Sunday at 12:30PM EST!

Class Price: $13. $11 when you register 3 weeks out!

For more information and to see the Full Class Schedule go to https://bit.ly/kinetickinship

Class Description: In Ashley LaRosa's Pilates class you will use the Pilates format to train your body like an athlete, prevent injuries, and enhance your technique. You will be taught classical and contemporary Pilates and leave class feeling stronger, longer and more knowledgeable about your body. Pilates is for everybody, whether you are a professional dancer, student, injured, or not even a dancer at all. Please be prepared with a theraband of your choosing (or hand towel if you do not have one).

Teacher Bio: Ashley LaRosa discovered her love for Pilates while studying dance at University of California, Irvine. After practicing for three years to aid injuries and cross train for her dance career, she studied and received a comprehensive Pilates certification under Diane Diefenderfer at Studio du Corps, The Pilates Center of Orange County in 2015. Ashley has a classical Pilates background with influences from Ron Fletcher and Romana Kryzanowska. Ashley is a company dancer with Elisa Monte Dance and her professional dance career has a huge influence on her teaching style and attention to detail. She is very invested in helping people discover their potential and get to peak performance level in everything they do.

For more information go to https://bit.ly/kinetickinship

Kinetic Kinship (Powered by Elisa Monte Dance)
8 W 126th Street
New York, NY, 10027
https://kinetickinshipddc.corsizio.com/?instructor=5f5d4e42707d5cc1411e40f6

Schedule
May 16, 2021: 12:30pm
May 23, 2021: 12:30pm
May 30, 2021: 12:30pm

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