February 2 - May 25, 2021

Pilates with Mikayla Klein

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

▶ Share | Print | Download



Mikayla Klein teaches Pilates every Tuesday at 8AM EST!

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

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

Class Description: Tone your body from the inside out! An upbeat, challenging, core centered yet, full-body workout. Push your mind and body by executing controlled movements that simultaneously build strength, flexibility, and mobility.

Teacher Bio: Mikayla Klein graduated from the University of St. Thomas with a B.S. in Exercise Science. After graduation, she received her Pilates certification at Paragon Pilates and has since been teaching classes at Equinox. Mikayla graduated from the pre-professional program at TU dance and has been an apprentice with Elisa Monte Dance since 2019.

For more information and to SIGN-UP 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=5f56df250fffa1a3e065dac6

Schedule
February 2, 2021: 8:00am
February 9, 2021: 8:00am
February 16, 2021: 8:00am
February 23, 2021: 8:00am
March 2, 2021: 8:00am
more