

Friday, December 7, 2012

Steele Pilates - Advanced Stability Ball Course

Company: Dance New Amsterdam

Venue: Dance New Amsterdam

Location: New York City, NY

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Advanced Stability Ball Course Int/Adv: December 7 from 3:00 - 8:00pm The Advanced Stability Ball Course begins by reviewing the concepts discussed in the Basic/Intermediate Stability Ball Pilates Course. It progresses to more challenging exercises, using the ball to decrease stability and increase

Dance New Amsterdam

280 Broadway Entrance at 53 Chambers St

New York City, NY, 10007

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<http://www.dnadance.org/site/programs/certifications/steelepilates/4/>

Schedule

December 7, 2012: 3:00pm

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