

Saturday, March 4, 2023

Pilates Privates

Company: MovementbyJae

Location: Brooklyn, NY

Compensation: N/a

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Come experience a Pilates private session with Dancer, NASM CPT, and Strength & Conditioning Coach Jae!

If interested in learning more about Pilates or the Pilates Equipment please reach out. Come try a private session that will not only help you develop your strength, muscular endurance, and alignment but in addition to all of those things broaden your knowledge on what your body needs to perform at its best.

MovementbyJae
Brooklyn
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For more information:
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