

Tuesday, November 7, 2023

Private 1 on 1 Pilates Lesson

Company: SlayFit

Compensation: \$80 (online) \$150 (In- Person)

► [Share](#) | [Print](#) | [Download](#)



My name is DaJuan, and I am a certified classical Mat Pilates trainer with Power Pilates. I'm offering 55 minute one on one/duo mat pilates training in the comfort of your own home or wherever you are (virtual sessions offered) as well as reformer training if you have an in home reformer. Pilates is a full body workout with a deep emphasize on core strength, stability, stretch, and spinal health.

I have 15+ years experience in dance and in group fitness working as a professional dancer for artisit such as Madonna, Todrick Hall, Jonte Moaning, and Spike Lee to name a few. As well work as a fitness trainer with Tracy Anderson, Jane DO, DivaDance NYC and Power Pilates.

If you are interested in a session please contact me via email or DM on Instagram.

Email: dajuanharris7497@gmail.com

IG: @iam.dajuan

Let's get you moving and working on your goals! :)

SlayFit

For more information:

DaJuan

dajuanharris7497@gmail.com

[< back](#)

[previous listing](#) • [next listing](#)