

Thursday, April 3, 2025

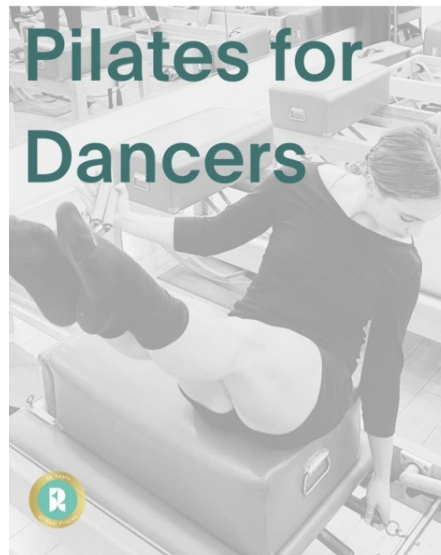
## Pilates For Dancers Workshop Series

Company: Real Pilates

Location: New York , NY

Compensation: \$38 single workshop

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Pilates for Dancers Workshop - 6 Week Series

Attend some or all 6 classes - \$38 single workshop, Bundle of 6 - \$215

Use code "DANCER" for 20% single workshop

Sundays 2-3pm - Real Pilates Upper East Side

April 27th Getting Wider - Maintaining & Increasing Turnout

May 4th Getting Deeper - Freeing Up the Hip Socket

May 11th Getting Longer - Balance & the Standing Leg

May 18th Getting Higher - Strong Ankles & Feet

May 25th Getting Broader - The Arm & Back Connection

June 1st Getting Ready - The Dancer's Warmup

Instructor: Melissa Jones, 600+ Classical Comprehensive Pilates Instructor, Dancer, Marymount Manhattan Dance Dept. Alum

For more info & class descriptions: <https://www.realpilatesnyc.com/pilates-for-dancers>

Real Pilates

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<https://www.realpilatesnyc.com/pilates-for-dancers>

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