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Wednesday, December 2, 2020 - Monday, March 8, 2021

New Zoom Classes ! Roller and Mat with Props by donation

Company: Pilates Zone Erica Essner

Venue: Zoom Class

Location: Brooklyn, NY

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Pilates Zone is offering New by donation classes!

Introduction to the Roller Class
with Erica Essner

MONDAYS 11am-11:45

Great for dancers. The roller provides a full-body strengthening tool as well as a stretch and massage tool. This class is very restorative and feels good on the body allowing the soft-tissue to release and helps increase shoulder and abdominal stability.

WEDNESDAYS AT 11AM

PILATES MAT WITH PROPS with Erica Essner

This class will focus on deep abdominal strengthening and using the breath to increase strength. Using the theraband we will add stretches for the shoulders, hamstrings, hips and spine.

Using free weights we will work on bicep/tricep strength in motion.

Props can be substituted with rolled towel and soup cans.

Pilates Zone <http://www.pilateszone.org>

Book online <https://www.pilateszone.org/book-online> Pay what you can

Pilates Zone Erica Essner
656 10th STREET Suite 1
Brooklyn, NY, 11215
<http://www.pilateszone.org>

Schedule

December 2, 2020: 11:00am
December 7, 2020: 11:00am
December 9, 2020: 11:00am
December 14, 2020: 11:00am
December 16, 2020: 11:00am

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