

October 20 - November 17, 2018

Pilates For Dancers, By Dancers--Classes Reimagined

Company: Beyond the Barre, NYC
Venue: The Space Pilates
Location: New York, NY

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BEYOND THE BARRE
NYC

PILATES FOR DANCERS

BY DANCERS

Intimate class tailored to your needs & goals

Full-Body workout on the Mat & Reformer

2 certified instructors with extensive dance backgrounds

Hour and a half class with hands on corrections

Free personal intake phone call with instructors. Discuss your body needs, injuries, & goals.

Rates:
\$34 drop-in class
\$120 for 4 classes



SATURDAYS 3:00 - 4:30PM

Starting October 20th

The Space Pilates
900 Broadway, 5R
New York, NY 10003

BEYONDTHEBARRE.NYC@GMAIL.COM
@BEYONDTHEBARRE.NYC

Intimate size contemporary Pilates classes. Aimed to AFFORDABLY bring the detailed work and growth of more expensive private sessions to dancers. Taught by two Kane School certified instructors with extensive dance backgrounds.

Complimentary consultation to discuss your needs, injuries, and goals. Classes tailored to YOU. Open to those dealing with injuries as well as healthy able bodies.

For more info, to set up your free consultation, and to register, visit www.beyondthebarrenyc.com or email us at beyondthebarre.nyc@gmail.com.

Beyond the Barre, NYC
900 Broadway 5R
New York, NY, 10003
<http://www.beyondthebarrenyc.com>

Schedule
October 20, 2018: 3:00pm
October 27, 2018: 3:00pm
November 3, 2018: 3:00pm
November 10, 2018: 3:00pm
November 17, 2018: 3:00pm

[< back](#)

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