

FOR AUDIENCES

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Saturday, November 9, 2019

Pilates Stability Ball Workshop with Teri Steele

Company: Steps on Broadway

Venue: Steps on Broadway

Location: New York, NY

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Paul B Goode

With only one piece of equipment, change up or expand your client's Pilates routine!

An introduction to the Steele Pilates ReForMat (TM) Stability Ball Exercises. Created by Teri, it re-imagines Pilates Cadillac and Reformer exercises into a mat formatted class. By incorporating the stability ball it will:

- Make some exercises easier to perform correctly
- Set you or your clients up for apparatus work
- Challenge balance and joint stability, thereby getting the most out of each exercise
- Strengthen inner thighs, hamstrings, and spinal extensors

For teachers, aspiring teachers, and Pilates enthusiasts.

Steps on Broadway
2121 Broadway 3rd Floor
New York, NY, 10023
2128742410
<https://www.stepsnyc.com/teacher-workshops/>

Schedule
November 9, 2019: 1:00pm

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