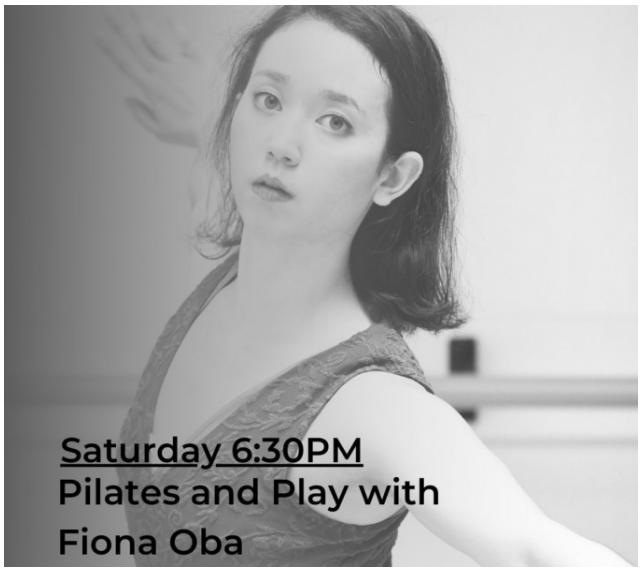
January 30 - June 19, 2021

Pilates and Play with Fiona Oba

Company: Alison Cook Beatty Dance
Venue: ONLINE
Location: New York, NY



Russell Haydn

"Pilates and Play" with Fiona Oba
Taught by Fiona Oba, this Instagram Live class will begin with a Pilates mat warm-up and culminate in the "Play" portion of learning a short combination inspired by Alison Cook Beatty Dance repertory. Pilates will explore building strength, flexibility, and balance from a stable basis through basic exercises on the mat. The adapted repertory portion will explore the signature motifs of ACBD work in short and simple phrases. This class strives to be inclusive and accessible to dancers and non-dancers alike. People of different levels, ages, and abilities are encouraged to join, and various modifications will be offered.

Alison Cook Beatty Dance
229 E 85th St #462
New York, NY, 10016

Schedule
January 30, 2021: 6:30pm
February 6, 2021: 6:30pm
February 13, 2021: 6:30pm
February 20, 2021: 6:30pm
February 27, 2021: 6:30pm
more