

October, 5-26, 2016

Pilates mat class

Company: Tracey Ryan Pilates

Venue: Arts On Site

Location: New York, NY

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D.Arky

This class employs the genius of Joseph Pilates Method combined with a contemporary understanding of anatomy and biomechanics. It is designed to help you understand how to efficiently execute the movement while still providing a challenging, vigorous workout.

(a limited number of mats will be available so if you have your own please bring)

Tracey Ryan Pilates
12 St Marks Place #3F
New York, NY, 10003

Schedule
October 3, 2016: 8:00pm

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