

September 13 - November 15, 2016

Pilates w/Kay Ottinger

Company: Brooklyn Studios for Dance
Venue: Brooklyn Studios for Dance
Location: Brooklyn, NY

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Pilates at BkSD

Tuesdays w/ Kay Ottinger

Fridays w/ Brenden Drake

1 - 2pm // \$10 by donation // 13-Sep thru 9-Dec (no class between November 22nd - 27th)

Discover your deepest core. Brendan Drake and Kay Ottinger believe that Pilates strengthens the physical body to support greater ranges of movement. This 60-minute class will move you through classical Pilates mat exercises with a contemporary approach. Our focus will be to build strength through the release of unnecessary muscle tension. We will incorporate the use of breath, imagery, and anatomical alignment so the necessary muscles can do their job.

These classes are accessible to all! Pilates exercises were developed to support bodies in all stages of life, from healthy to injured. Please contact Kay at kay@bkbsd.org with any questions or concerns.

Brooklyn Studios for Dance
210 Lafayette Avenue
Brooklyn, NY, 11238
<http://bkbsd.org/event/pilates-w-kay-ottinger/2016-09-13/>

Schedule
August 25, 2016: 8:00pm

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