

February 2 - May 25, 2021

## Pilates with Mikayla Klein

Company: Kinetic Kinship (Powered by Elisa Monte Dance)

Venue: Zoom

Location: New York, NY

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Mikayla Klein teaches Pilates every Tuesday at 8AM EST!

Class Price: \$13. \$11 when you register 3 weeks out!

For more information and the Full Class Schedule go to <https://bit.ly/kinetickinship>

Class Description: Tone your body from the inside out! An upbeat, challenging, core centered yet, full-body workout. Push your mind and body by executing controlled movements that simultaneously build strength, flexibility, and mobility.

Teacher Bio: Mikayla Klein graduated from the University of St. Thomas with a B.S. in Exercise Science. After graduation, she received her Pilates certification at Paragon Pilates and has since been teaching classes at Equinox. Mikayla graduated from the pre-professional program at TU dance and has been an apprentice with Elisa Monte Dance since 2019.

For more information and to SIGN-UP go to <https://bit.ly/kinetickinship>

Kinetic Kinship (Powered by Elisa Monte Dance)  
8 W 126th Street  
New York, NY, 10027  
<https://kinetickinshipddc.corsizio.com/?instructor=5f56df250fffa1a3e065dac6>

Schedule  
February 2, 2021: 8:00am  
February 9, 2021: 8:00am  
February 16, 2021: 8:00am  
February 23, 2021: 8:00am  
March 2, 2021: 8:00am  
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