

October, 4-25, 2015

Pilates with a Foamroller by Yuki Hasegawa

Company: Peridance Capezio Center
Venue: Peridance Capezio Center
Location: New York, NY

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Yuki Hasegawa

A foamroller is a great tool to release tight structures (muscles and fascia) of your body and to know your body alignment, as well as challenging the balance during Pilates exercises. This class is opened to any levels of dancers and also for Int/Adv Pilates students. 1 hour and 30 minutes class in the luxury dance studio near the Union Square.

<http://www.peridance.com/curriculum.cfm?DTID=96>

Peridance Capezio Center
126-128 East 13th Street
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212-505-0886

Schedule
October 2, 2015: 8:00pm

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