

April 15 - May 6, 2020

Pilates with Austin Selden

Company: Dancewave
 Venue: Dancewave
 Location: Brooklyn, NY

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Pilates for Dancers with Austin Selden - Dancewave Online Adult Classes

Wednesdays 12-1PM E.S.T.

Increase your strength and ease of movement with an embodied sense of your anatomy. This class focuses on engaging the core while increasing the mobility and stability of your joints. We will address any injuries and integrate your individual goals into a full-body group Pilates class. This gentle somatic-based Pilates class is perfect for all abilities, and a perfect warm-up for your day.

About Dancewave's Online Adult Dance & Fitness Program:

Accessible for all bodies, abilities and skill levels, our weekly classes are perfect for everyone from beginners to seasoned dancers looking to stay in shape. Our teaching artists are skilled creatives and choreographers who cultivate a personable, supportive and non-competitive community in class that you can depend on each week. Just \$10/drop-in.

Visit dancewave.org/adult-classes to register any time. #dancemakeswaves

Dancewave
 Online classes - accessible anywhere
 Brooklyn, NY, 11217
 7185224696
<http://dancewave.org/adult-classes>

Schedule
 April 15, 2020: 12:00pm
 April 22, 2020: 12:00pm
 April 29, 2020: 12:00pm
 May 6, 2020: 12:00pm

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