

Pilates Mat Class for Adults

with Jamie Graham

Wednesday's 6:15-7:15 pm

East Midtown Plaza, Community Room 319 East 24th Street

\$15 drop in

****new series starting 2/13. discount for 10 class series****

This mat class is geared for all levels of fitness. Come experience the joy of movement while building basic strength and body awareness to get you through your day pain free!

Jamie Graham is a classical Pilates instructor and professional dancer based in New York City. She aims to help her clients connect with their bodies to discover greater postural support, efficiency of movement, and flexibility through the precision and flow of the classical method.

Jamie completed her teaching certification through Romana's Pilates at True Pilates New York in 2007. She has taught at True Pilates East and Equinox Fitness, where she also taught group fitness and managed a studio from 2007-2012. She now teaches independently in the city, but is based out of Form Pilates in Union Square. Jamie also teaches Variable Pop Fitness through Dances for A Variable Population, a dance fitness class geared for adults.

please contact grahampilates@gmail.com with any questions