

Tuesday, March 12, 2013

## EXCELLENT CROSS TRAINING! GYROKINESIS(R) classes get discount on GYROTONIC (R)

917 435 01 74 healthymovement8@gmail.com

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EXTREMELY BENEFICIAL FOR DANCERS!!!

Group classes

GYROKINESIS(R) on Wednesday 6-7pm

GYROTONIC(R) on Wednesday 7-8pm

at GYROTONIC(R) on Broadway,  
located at 928 Broadway Suite 205 2nd floor (btw 21st and 22nd).  
[www.gyrotoniconbroadway.com](http://www.gyrotoniconbroadway.com)

Buy a GYROKINESIS(R) 10 class card for 180\$ and get 3 private GYROTONIC(R) sessions for only 150\$, or try both for 70\$!

Contact: Certified Teacher Alessia Della Casa 917 435 01 74  
[healthymovement8@gmail.com](mailto:healthymovement8@gmail.com)  
to know more about me and the method [click here](#)

[Watch this complete demonstrative video](#) from the headquarter!

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