

November 5 - December 17, 2022

Adaptive Dance-style Fitness Classes

Company: The Dancer Movement Corp
Venue: Virtual/Zoom
Location: Queens, NY

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Emily Aronica

This 8 week series (10/29-12/17) is an adaptive fitness course designed for people with disabilities and chronic illness. Classes will be held every Saturday via Zoom at 10am EST. Modifications will be provided in class but a FREE one-on-one consultation is also included in the purchase of the 8 week pack. Classes will be an hour long mixture of strengthening, stretching, and dance-style fitness and cardio. Join this week to finish off 7 sessions at a discount!

The Dancer Movement Corp
28th St
Queens, NY, 11106
<https://www.thedancermovement.com/book-online>

Schedule
November 5, 2022: 10:00am
November 12, 2022: 10:00am
November 19, 2022: 10:00am
November 26, 2022: 10:00am
December 3, 2022: 10:00am
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