April 2 - May 28, 2020

Ballet Lines for Circus with Kyla Ersnt-Alper

Company: The Muse Brooklyn
Venue: The Muse Brooklyn
Location: Brooklyn, ny

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No more biscuit feet! No more micro-bends in the knees! No more claw hands!
In this 30-minute class we'll do targeted exercises to train beautiful and strong pointed feet, lengthened and super straight legs, and fluid and supple arms.
A theraband, a tennis or lacrosse ball, and a block are useful tools to have nearby.

Join here: https://zoom.us/j/257420848

Donations welcome via MindBody registration, Paypal (themusebrooklyn@gmail.com - please send "to a friend") and Venmo (@TheMuseBrooklyn), just please don't forget to mention the name of the class and day!

The Muse Brooklyn
https://zoom.us/j/257420848
Brooklyn, ny, 11237

Schedule
April 2, 2020: 12:00pm
April 9, 2020: 12:00pm
April 16, 2020: 12:00pm
April 23, 2020: 12:00pm
April 30, 2020: 12:00pm
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