

## FOR AUDIENCES

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November 1 - December 20, 2019

### Barre Vida with Autumn Oftedal (Drop-in)

Company: Dancewave

Venue: Dancewave

Location: Brooklyn, NY

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Barre Vida is a total body workout open to people of all fitness levels. It is a low cardio and intense toning class that works to elongate the muscles while burning fat. The class utilizes the use of the ballet barre, small hand weights, and other props to improve posture, give muscle definition, increase flexibility, and encourage weight loss. Each class is choreographed to a specific playlist to help motivate and give that extra musical push. Barre fitness targets the smaller muscles that often get lost in regular cardio or boot camp classes such as the oblique muscles, transverse abdominals, triceps, inner thighs, and gluteus. Expect to have fun and leave sweaty! Taught by Autumn Oftedal. Multi-class cards available! Visit [dancewave.org/adult-classes](http://dancewave.org/adult-classes)

Dancewave  
182 4th Avenue  
Brooklyn, NY, 11217  
(718) 522-4696

Schedule  
November 1, 2019: 8:00pm  
November 8, 2019: 8:00pm  
November 15, 2019: 8:00pm  
November 22, 2019: 8:00pm  
November 29, 2019: 8:00pm  
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