

January 24 - August 29, 2018

Barre a Terre

Company: Anabella Lenzu
 Venue: Peridance Center
 Location: NY, NY

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Todd Carroll

BARRE A TERRE (OPEN LEVEL) with Anabella Lenzu

at Peridance Capezio Center (126 East 13th Street, between 3rd and 4th Ave)

Find your inner-strength; develop & improve alignment and technique; explore and learn how to efficiently use your body and your energy in a healthy way as instruments of your expression. Through this class, you can increase flexibility and strength, overcome physical difficulties and incorrect posture, and acquire physical awareness to help prevent injuries. Open to all levels of experience.

Anabella Lenzu
 126 East 13th Street
 NY, NY, 10003
<http://www.anabellalenzu.com/weekly-classes/>

Schedule
 January 24, 2018: 10:00am
 January 26, 2018: 10:00am
 January 30, 2018: 7:30pm
 January 31, 2018: 10:00am
 February 2, 2018: 10:00am
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