

October 16 - December 11, 2017

Basic Fitness

Company: Dances For A Variable Population

Venue: University Settlement

Location: New York, NY

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Fitness with a dancer's knowledge of correct alignment and efficient movement. Exercises for increasing flexibility, strength and better balance. Includes: Warm-up, Cardio Conditioning, Strength training, Core mat work and Cool down.

Dances For A Variable Population

273 Bowery (off Houston)

New York, NY, 10002

<http://www.dvpnyc.org/class-descriptions/>

Schedule

October 16, 2017: 9:00am

October 23, 2017: 9:00am

October 30, 2017: 9:00am

November 6, 2017: 9:00am

November 13, 2017: 9:00am

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