

September 6 - December 15, 2016

CRAVE at the Dwana Smallwood Performing Arts Center

Company: Dwana Smallwood Performing Arts Center
Venue: Dwana Smallwood Performing Arts Center
Location: Brooklyn, NY

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Get ready for an INTENSE, FULLBODY workout!

CRAVE focuses on different muscle groups each week. This class will help you burn fat, increase strength and stamina, tone you from head to toe. CRAVE combines full body functional movement to allow you to maximize your workout. You will be taken through a combination of high/low combos, drills, sculpting and muscle conditioning exercises. You'll be able to burn more fat calories and gain lean muscle mass in a short amount of time. Be prepared for Pauline to push you to your limits! All levels welcome!
This class meets three times a week: Tuesdays and Thursdays from 7:00 to 8:00pm.

*Class is designed for ages 14 and older. All first-time participants under 18 must be accompanied by an adult.

Dwana Smallwood Performing Art Center

857 Lexington Avenue, 2nd floor

Brooklyn, New York 11221

info@dwanasmallwoodpac.org

#718 443 9800

\$12 for fist time class

"J"train to Gates Ave

Dwana Smallwood Performing Arts Center
857 LexicngtonAvenue, 2nd Flr
Brooklyn, NY, 11221
718 443 9800

Schedule

September 6, 2016: 8:00pm
September 15, 2016: 7:00pm
September 22, 2016: 7:00pm
September 29, 2016: 7:00pm
October 6, 2016: 7:00pm

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