

August, 4-18, 2010

## Cardio Jazz DONATION BASED!

Company: Liberated Movement  
Venue: Battery Dance Studios  
Location: New York, NY

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An upbeat energetic jazz workout targeting core conditioning and flexibility training, and incorporating basic turns and jumps. Perfect for dancers of any skill level. Suggested donation \$5 but feel free to give what you want.

Liberated Movement  
380 Broadway, 5th Floor corner of White St.  
New York, NY, 10013

Schedule  
August 4, 2010: 7:00pm  
August 18, 2010: 7:00pm

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