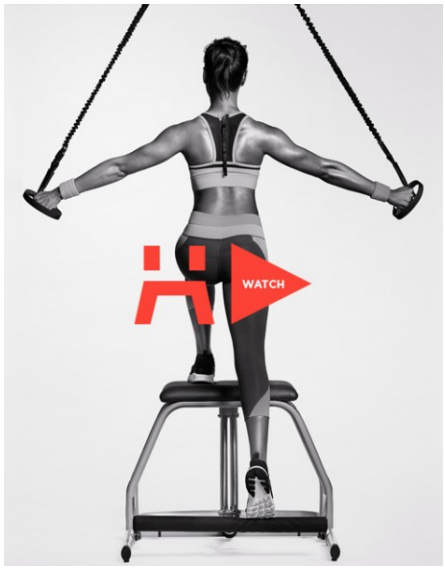
January 7 - March 31, 2020

ChaiseFitness Reinvention - Community Class

Company: Chaise Fitness
Location: New York, NY

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ChaiseFitness

ATTENTION... Dancers, Athletes, Beginner trainers, Advanced trainers, Rebuilders.

Are you looking for an affordable and affect work out?

Are you ready to burn those holiday calories so you can look and feel super BADASS?

Well here is your chance!!

I, *Tabitha Kelly*, will be teaching community classes at ChaiseFitness every:

Tuesday: Flatiron location (40 E 23rd Street, New York, NY 10010) at 10:45am

and

Saturday: Upper East Side location (1204 Lexington Ave
New York, NY 10028) at 10:00am

Community Classes are ONLY $15

About Chaise Fitness: Chaise Fitness blends Pilates, ballet, and strength training that equips you with a chair and overhead bungees so that you work out all your muscles every time.

If you are interested there are three simple steps:

1) Send me an email stating your intererest attkdancework@gmail.com

2) Book *Tabitha Kelly* on the Chaise Fitness website https://chaisefitness.com/

3) Come to class and enjoy!!

Chaise Fitness
Tuesday's = 40 E 23rd Street, New York, NY Saturday's = 1204 Lexington Ave, New York, NY
New York, NY, -
https://chaisefitness.com/

Schedule
January 7, 2020: 10:45am
January 11, 2020: 10:00am
January 14, 2020: 10:45am
January 18, 2020: 10:00am
January 21, 2020: 10:45am
more

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