

November, 9-23, 2019

Dance Bootcamp with Steven Lopez

Company: The Ailey Studios

Venue: The Ailey Studios

Location: new york, NY

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Train like a dancer at Ailey with Sticelife!

Get stronger with your own body weight by doing specific movements in 4 alternating stations built to sculpt and build endurance for your muscles. At Dance Bootcamp, students will participate in high energy exercises that allow your body to move naturally with full range motion to increase your metabolism and tone your entire physique.

The Ailey Studios
405 w 55th st
new york, NY, 10019
2124059000
https://clients.mindbodyonline.com/ASP/main_enroll.asp?studioid=851&tg=3&vt=2&lv;=&stype=-103&view=day&trn=100000033&page;=&catid;=&prodid;=&date=10/13/19&classid=0&prodGroupId;=&sSU;=&optForwardingLink;=&qParam;=&justloggedin;=&nLgIn;=&pMode=0&loc=1

Schedule
November 9, 2019: 9:30am
November 16, 2019: 9:30am
November 23, 2019: 9:30pm

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