

January 5 - February 23, 2021

Dancewave Jan/Feb Adult Daily DeFusion Classes

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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January & February Daily DeFusion Movement Classes - TUESDAYS 7:00-8:00PM

A fusion of movement, mobility, and mindfulness. Combining cardiovascular exercise, strength training, yoga asana, Pilates, and mindfulness practices, Madeline's DeFusion classes take a holistic approach to mental and physical health. Daily DeFusion provides a variety of accessible classes that fuse different modalities of movement, mindfulness, and mobility practices into one daily practice.

At Dancewave, everyone is invited to dance!

All of our teachers create a community in class that is supportive and non-competitive. We are committed to providing opportunities for students to engage with a diverse range of movement styles. Taking class at Dancewave is about the joy of moving, building confidence, and learning together in an environment that celebrates individual expression and creativity. Learn more and register at <http://bit.ly/Dancewave-Adult-Classes>

Dancewave
Online classes - accessible anywhere
Brooklyn, NY, 11217
718.522.4696
<http://bit.ly/Dancewave-Adult-Classes>

Schedule
January 5, 2021: 7:00pm
January 12, 2021: 7:00pm
January 19, 2021: 7:00pm
January 26, 2021: 7:00pm
February 2, 2021: 7:00pm
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