

Sunday, January 9, 2011

Donation-Based Super Stretch & Body Conditioning!

Company: Liberated Movement TM

Venue: Battery Dance Studio

Location: New York, NY

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A class crafted to cater the absolute beginner or the advanced dancer. Prepare to sink into muscles, increase flexibility and reduce overall stress in your body. We alternate from stretches you see in yoga and pilates to exercises that strengthen all the complete muscle groups.

Liberated Movement TM

380 Broadway 5th Floor

New York, NY, 10013

<http://www.liberatedmovement.com>

Schedule

January 9, 2011: 6:00pm

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