Thursday, May 7, 2020 - Thursday, May 5, 2022

Fitness through Dance

Company: Contemporary Ballet Theatre/CBT
Venue: https://us04web.zoom.us/j/719209354 ID WhatsApp CBT/2028235920
Location: Staten Island, NY

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Andres Mercado Videos Jaymi Melvin-Sanders, WTT, Liquid

FITNESS THROUGH DANCE Edades 6-106 years old- Classes include traditional exercises with at least 15 minutes of stretch that entails:

DANCE FUSION A blending of various dance styles as cardio. Movements include Ballet, Modern, Jazz, Hip Hop, Tap, African, Latin, and Contemporary

BARRE SCULPTING Exercises at a bar with /without weights

FLOOR BARRE Positions from Ballet and Yoga for strength and stretch utilizing a mat, carpet, etc

DANCE CONDITIONING A basic class that introduces Gyrotonics (a system based on Yoga, Tai Chi, Cycling, Swimming and Dance) as well as elementary positions with movements of Ballet, Modern, and Jazz. Classes are slow and thorough to ensure proper alignment, stretch and strength.

TINY TOTS & ME/CHIQUITIN Y YO edades 3-5+years old 5pm Fridays/Viernes

YOUTH ARTS Acro, Acting, Dancing, Singing and Visual Arts 6pm Fridays/Viernes, 3pm Sundays/Domingos

Contemporary Ballet Theatre/CBT
CBT@Intoxx Fitness 2071 Clove Rd
Staten Island, NY, 10306
7184070857

Schedule
May 7, 2020: 8:00pm
May 8, 2020: 10:15am, 2:30pm, 5:00pm, 6:00pm
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