

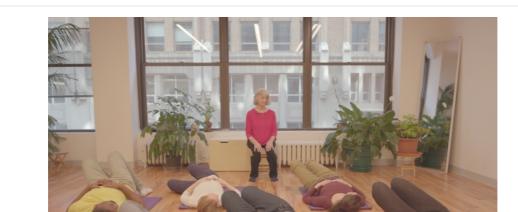
## OUR NEW YORK CITY DANCE

July 11 - August 29, 2022

Location: New York, NY

## Fundamentals in Flow, Balance & Stability: Online & In-Person Class

Company: Balance Arts Center Venue: Balance Arts Center/Zoom ► Share | Print | Download



Fundamentals in Flow, Balance & Stability is a 90 minute class that guides you through fundamental movement patterns that help improve balance, coordination, and establish a sense of flow and connection in your mind and body. Led by Ann Rodiger this class has the options to join in person at the BAC or join online via Zoom. Visual demonstration is available in case you are new to class.

Class fee: \$20

Registration is required at: balanceartscenter.com/class

Balance Arts Center 151 W. 30th St, 3rd Floor New York, NY, 10001 6468125390 http://balanceartscenter.com/class Schedule July 11, 2022: 5:00pm July 18, 2022: 5:00pm July 25, 2022: 5:00pm August 1, 2022: 5:00pm August 8, 2022: 5:00pm

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