

July 11 - August 29, 2022

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

Company: Balance Arts Center
Venue: Balance Arts Center/Zoom
Location: New York, NY

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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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[< back](#)

[previous listing](#) • [next listing](#)