

December, 1-8, 2016

Golden Grooves w/ Candace Tabbs

Company: Brooklyn Studios for Dance

Venue: Brooklyn Studios for Dance

Location: Brooklyn, NY

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Golden Grooves

Thursdays, 2p – 3p // 6-Oct thru 8-Dec

\$5-donation

Join Candace in an energy filled dance party to new jams and classic songs that gets your mind, body and spirit moving. This class begins with a warm up that prepares both small and large muscles for some serious dancing and gets the blood flowing. Then we dance to electric music with easy to follow steps. Our goal is to build a cross-generational group made up of all ages and abilities.

Bio

An A.C.E. certified Group Fitness Instructor and Personal Trainer, Candace got hooked on fitness by way of dance. After earning her B.A. in Neuroscience and Behavior with a minor in Dance at Barnard College, Candace performed with and taught for companies including Jamie J & Co., abundANCE Dance Company, Movement of the People Dance Company and Dances for a Variable Population in venues such as the Highline Ballroom, Manhattan Movement Arts Center, Brooklyn Movement Arts Center, New York Live Arts and Ailey Citigroup Theatre. Combining her love of movement, promoting healthy self-esteem and active lifestyles, Candace currently teaches a variety of fitness and dance classes including Bootcamp, Indoor Cycling, Cardio Kick Boxing, Hip Hop dance, and Body Sculpting. Candace is excited to share the benefits of movement with the BkSD community.

Brooklyn Studios for Dance

210 Lafayette Avenue

Brooklyn, NY, 11238

<http://bksd.org/event/golden-grooves-w-candace-tabbs/2016-10-06/>

Schedule

September 4, 2016: 8:00pm

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