January 30 - May 15, 2021

H.I.I.T. Cardio with Daniela Funicello

Company: Kinetic Kinship (Powered by Elisa Monte Dance)
Venue: Zoom
Location: New York, NY

▶ Share | Print | Download



Daniela Funicello teaches HIIT Cardio every Saturday at 11AM EST!

Class Price: $13. $11 when you register 3 weeks out!

For more information and to see the Full Class Schedule go to https://bit.ly/kinetickinship

Class Description: Get yourself moving and grooving in Daniela's HIIT CARDIO Class! This no equipment needed workout incorporates upbeat jams to keep the body energized while challenging to push ourselves beyond our own limits. By the end of this forty five minute workout you'll be sure to feel a total body engagement and come out feeling stronger than ever!

Teacher Bio: Daniela Funicello, a New Jersey native, is a professional performing artist residing in New York City. Ms. Funicello holds a BFA in Dance and a Business Management minor from Marymount Manhattan College. She is currently a Senior Company Dancer with Elisa Monte Dance under the direction of Tiffany Rea-Fisher. Daniela is also a performer with the Classical Theater of Harlem in their evergreen production of A Christmas Carol in Harlem as well as in their Uptown Shakespeare in the Park summer shows. Daniela is a dance educator at the Lake Placid School of Ballet and Dance and is currently on faculty with the Police Athletic League of New York bringing outreach dance classes to the five boroughs of New York City. Daniela is also a fitness instructor whose workouts are sure to make you sweat, smile, and push you beyond your limits. Get yourself moving and grooving in Daniela's HIIT Cardio and Sculpt & Tone Classes and come out feeling stronger than ever!

For more information go to https://bit.ly/kinetickinship

Kinetic Kinship (Powered by Elisa Monte Dance)
8 W 126th Street
New York, NY, 10027
https://kinetickinshipddc.corsizio.com/?instructor=5f5bdcde05999a5bf828d887

Schedule
January 30, 2021: 11:00am
February 6, 2021: 11:00am
February 13, 2021: 11:00am
February 20, 2021: 11:00am
February 27, 2021: 11:00am
more

< back

previous listing • next listing