

April 3 - May 29, 2020

## HardCORE Abs with Jill Carnegie

Company: The Muse Brooklyn  
Venue: The Muse Brooklyn  
Location: Brooklyn, NY

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Keep all 360-degrees of your core in shape, even with Quarantine-snacking! Each class will emphasize proper form to truly work your core muscles (instead of exhausting your neck and hip flexors). Modifiers and progressions will be offered, making this suitable for most levels. Your abs and posture will thank you for taking this half-hour to challenge them! If you have any injuries, feel free to Direct Message Jill ahead of class on Instagram at @JillCarnegie and she will be sure to accommodate you.

Join here on fridays: <https://zoom.us/j/153357452>  
Join here on tuesdays: <https://zoom.us/j/576913807>

Donations welcome via MindBody registration, Paypal ([themusebrooklyn@gmail.com](mailto:themusebrooklyn@gmail.com) - please send "to a friend") and Venmo (@TheMuseBrooklyn), just please don't forget to mention the name of the class and day!

The Muse Brooklyn  
<https://zoom.us/j/153357452> <https://zoom.us/j/576913807>  
Brooklyn, NY, 11237

Schedule  
April 3, 2020: 10:00am  
April 7, 2020: 10:00am  
April 10, 2020: 10:00am  
April 14, 2020: 10:00am  
April 17, 2020: 10:00am  
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