

January, 2-30, 2017

Korean Dance: Traditional & Fusion

Company: ShapeUp NYC

Venue: Hudson Guild: John Lovejoy Elliott Center

Location: New York, NY

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Shape Up NYC: Korean Dance- Traditional & Fusion

This free class uses dance from traditional Korean dance repertoires to increase range of motion and flexibility. Musical and choreographic elements from classical, folkloric and fusion will be incorporated into the dance class.

This non-ballistic dance class uses the dance vocabulary from the traditional Korean dance repertoire increasing range of motion and flexibility. This class is taught by an instructor from the NYC Parks Training program and AFAA certified group fitness instructor.

Every Monday, 7:30 PM - 8:30 PM

Age: Everyone is welcome

Instructor: Karen Kriegel

ShapeUp NYC
441 West 26th Street
New York, NY, 10001

Schedule
December 12, 2016: 8:00pm

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