

Saturday, September 7, 2019 - Saturday, September 12, 2020

## Lastics Stretch w/ Torres

Company: RIOULT Dance Center  
Location: Queens, NY

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Lastics Stretch Technique is a method born from the world of dance that teaches people how to improve flexibility safely and significantly. The class focuses on combining elongation, alignment and release techniques to free the body within.

Vogue Magazine named Lastics one of the best stretch classes in the country.

RIOULT Dance Center  
34 Steinway St  
Queens, NY, 11101  
(212)398-5901  
<https://www.rioult.org/>

Schedule  
September 7, 2019: 11:00am  
September 14, 2019: 11:00am  
September 21, 2019: 11:00am  
September 28, 2019: 11:00am  
October 5, 2019: 11:00am  
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