

October, 8-29, 2020

October 2020 Adult Classes: BARRE VIDA

Company: Dancewave
 Venue: Dancewave
 Location: Brooklyn, NY

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Effy Grey

Barre Vida is a total body workout open to people of all fitness levels. It is a low cardio and intense toning class that works to elongate the muscles while burning fat. Occasional props are used to improve posture, give muscle definition, increase flexibility, and encourage weight loss. Each class is choreographed to a specific playlist to help motivate and give that extra musical push. Barre fitness targets the smaller muscles that often get lost in regular cardio or boot camp classes such as the oblique muscles, transverse abdominals, triceps, inner thighs, and gluteus. Class consists of demanding rigorous muscle targeted exercises, though all movement levels are welcome. Be prepared to push yourself! Use a mat!

At Dancewave, everyone is invited to dance!

All of our teachers create a community in class that is supportive and non-competitive. We are committed to providing opportunities for students to engage with a diverse range of movement styles. Taking class at Dancewave is about the joy of moving, building confidence, and learning together in an environment that celebrates individual expression and creativity. All classes held via [Zoom](#).

Visit our website to see our latest class offerings: dancewave.org/adult-classes.

Dancewave
 Online classes - accessible anywhere
 Brooklyn, NY, 11217
 718.522.4696
<http://dancewave.org/adult-classes>

Schedule
 October 8, 2020: 7:00pm
 October 15, 2020: 7:00pm
 October 22, 2020: 7:00pm
 October 29, 2020: 7:00pm

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