

October, 13-27, 2019

## Rommett Floor Barre Workshop with Vernard Gilmore

Company: Ailey Extension  
Venue: The Ailey Studios  
Location: new york, NY

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Join veteran Ailey dancer Vernard Gilmore, certified Zena Rommett Floor Barre Instructor, to increase stability, advance your workouts with precision and live better in YOUR body. This workshop will focus on understanding your energy and directing it through YOUR body's alignment with a gentle and efficient effort.

Ailey Extension  
405 w 55th st  
new york, NY, 10019  
2124059000  
[https://clients.mindbodyonline.com/ASP/main\\_enroll.asp?studioid=851&tg=3&vt=2&lv;=&stype=-103&view=day&trn=100000033&page;=&catid;=&prodid;=&date=10/13/19&classid=0&prodGroupld;=&sSU;=&optForwardingLink;=&qParam;=&justloggedin;=&nLgln;=&pMode=0&loc=1](https://clients.mindbodyonline.com/ASP/main_enroll.asp?studioid=851&tg=3&vt=2&lv;=&stype=-103&view=day&trn=100000033&page;=&catid;=&prodid;=&date=10/13/19&classid=0&prodGroupld;=&sSU;=&optForwardingLink;=&qParam;=&justloggedin;=&nLgln;=&pMode=0&loc=1)

Schedule  
October 13, 2019: 2:00pm  
October 20, 2019: 2:00pm  
October 27, 2019: 2:00pm

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