

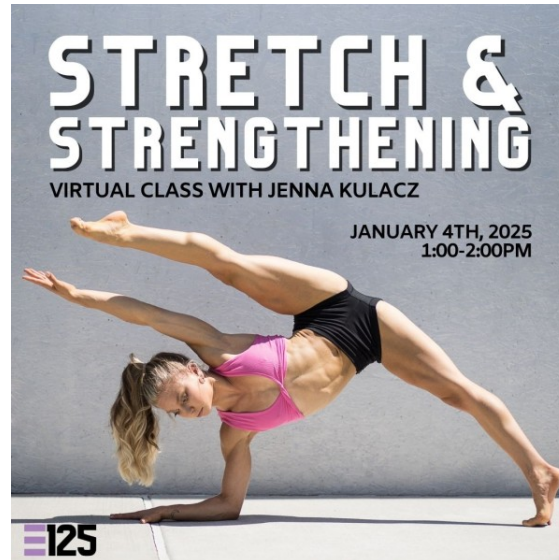
Saturday, January 4, 2025

## Stretch & Strengthening Virtual Class with Jenna Kulacz

Company: EMERGE125

Location: New York, NY

► [Share](#) | [Print](#) | [Download](#)



GET MOVING IN THE NEW YEAR WITH EMERGE125 COMPANY DANCER, JENNA KULACZ!

Saturday, January 4th - 1:00-2:00PM

Virtual Class (Zoom Link will be provided upon registration)

Masterclass fee: Free (Suggested donation \$10)

[Register today!](#)

Jenna's strength and conditioning program will not only improve your cardiovascular endurance, core power and joint mobility, but also serves as an effective cross-training session to keep you injury-free for the future.

Through a series of actions and static stretches guaranteed to leave you sweating, Kulacz will challenge you with an invigorating warm-up, an endorphin-boosting cardio routine, bodyweight-based strength and stability programs and inspiring mat work with resistance bands and blocks aimed at maximizing your flexibility.

This class is designed to meet participants wherever they are on their fitness journey with an emphasis on a fun and supportive environment. Jenna will give you the tools you need to listen to your body while pushing yourself to the next level in a safe way!

### About Jenna

Jenna Kulacz, a professional performance artist and NASM-certified personal trainer, has developed an online audience of over 20K YouTube subscribers to her popular fitness videos. As a dancer and an instructor, Kulacz is known for her rigorous intensity and spectacular athletic physique. Now she's ready to share the workout that keeps her in shape with an intense class that combines all the exercises necessary for a long and healthy dance career.

EMERGE125  
Zoom  
New York, NY, 10027  
<https://bit.ly/3QJIL62>

Schedule  
January 4, 2025: 1:00pm

[< back](#)

[previous listing](#) • [next listing](#)