



new yorkers for dance.

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Saturday, November 17, 2018 - Wednesday, December 25, 2019

Barre Fitness Class

Company: RIOULT DANCE CENTER

Venue: RIOULT DANCE CENTER

Location: Astoria, NY

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Barre Fitness is derived from the elements of dance, Pilates, yoga and functional training to create a total body fitness experience with absolutely no previous dance experience necessary. The class makes use of the ballet barre as a prop to help facilitate focused muscular strengthening and stabilized stretching. The class focuses on improving posture and cores support while promoting muscle definition and flexibility.

Sign Up

Instructor: Madeline McBroom
Tuesdays 7:30AM-8:30AM

Instructor: Madeline McBroom
Tuesdays 10:AM-11:00AM

Instructor: Robert Mark Burke
Wednesdays 7:30AM-8:30AM

Instructor: Madeline McBroom
Saturdays 9:00AM-10:00AM

Single Class: \$16

5 Class Card: \$70

10 Class Card: \$130

20 Class Card: \$240

RIOULT Dance Center is conveniently located across from the Steinway St. subway station. Entrance on 34th Ave.

RIOULT DANCE CENTER

34-01 Steinway Street, 2nd floor (entrance on 34th Ave.)

Astoria, NY, 11101

2123985903

<https://rioult.org/dance-center/fitness-somatic-classes/barre-fitness/>

Schedule

November 17, 2018: 9:00am

November 20, 2018: 7:30am, 10:00am

November 21, 2018: 7:30am

November 24, 2018: 9:00am

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Contact

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