



new yorkers for dance.

## FOR AUDIENCES

[Community Calendar](#) | [Artist Directories](#) | [Networks](#) | [Volunteering](#) | [Donate](#)

September 11 - December 15, 2018

## Fitness Intensive Class

Company: 39th Avenue Dance and Fitness

Venue: 39th Avenue Arts N Events

Location: Long Island City, NY

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

What you'll learn in this group fitness class:

Objective: To introduce students to a fitness lifestyle that engages and increases your core and cardiovascular endurance with music while having fun at the same time. With a strong commitment and support students will achieve proper technique, individual fitness goals and nutritional consciousness. This is an excellent alternative for those who don't like the gym and want to have fun getting fit.

Attire: Comfortable wear that is form fitting

Example: Sneakers, tights, sportswear

\*Feel free to wear joggers/sweats when it gets colder.

\*NO JEANS

\*You may bring a towel if you desire

Core Fitness, Dance Fitness, Stretch Core, and Cardio Kickboxing classes available throughout the week. You are welcome to attend one or all classes as suitable with your personal schedule.

\*All courses are part of our fitness program which we highly recommend to be purchased as a package. Exercise, dance, stretch, and striking techniques to be explained and introduced during each course. Each student gets a monthly nutrition assessment on their progress towards their fitness goals. Remember, your body constantly needs to be shocked into shape with different exercises.

Purchase the full package or take a class individually:

Tuesdays

7:45pm-8:30pm: Core Strength

Thursdays

7:45pm-8:30pm: Dance Fitness

Saturdays

11:15am-12:15pm: Stretch Core Training

OR

12:30pm-1:30pm: Cardio Kickboxing

[< back](#)

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

## ABOUT

[Mission](#)

[People](#)

[Board and Committees](#)

[Junior Committee](#)

[Funders](#)

[Staff](#)

[Volunteers](#)

[Contact](#)

[Donate](#)

## PROGRAMS

[Overview](#)

[Events](#)

[Events](#)

[Symposium](#)

[Photos](#)

[Videos](#)

[Research](#)

[Funds](#)

[Artist Residency](#)

[Rehearsal Space Subsidy](#)

[Dance Advancement](#)

[Disability, Dance, Artistry](#)

[Emergency Response](#)

[Junior Committee](#)

[About](#)

[Member Bios](#)

[JComm Blog](#)

[Apply](#)

## JUSTICE

[Values](#)

[Partners](#)

[Disability, Dance, Artistry](#)

[About](#)

[Task Force](#)

[Research](#)

[Events](#)

[Fund](#)

[Artist Residency](#)

[Network](#)

[Dance Maker Directory](#)

[Resources](#)

[Accessible Spaces](#)

[Immigrants, Dance, Arts](#)

[About](#)

[Task Force](#)

[Research](#)

[Events](#)

[Network](#)

[Dance Maker Directory](#)

[Resources](#)

## NEWS

[Field News](#)

[Junior Committee Blog](#)

[Huffington Post](#)

## FOR ARTISTS

### [Listings](#)

[Auditions](#)

[Choreographic Opportunities](#)

[Jobs & Internships](#)

[Volunteering](#)

[Listing & Ad Options](#)

[Login/Post](#)

### [Resource Pages](#)

[Disability, Dance, Artistry](#)

[Fiscal Sponsorship](#)

[Immigrants, Dance, Arts](#)

[Rehearsal Space](#)

[Sexual Harassment](#)

### [Partner Sites](#)

[The Bessies](#)

[CultureAID](#)

[Kickstarter](#)

[Library for the Performing Arts](#)

[SpaceFinder](#)

[Listing & Ad Options](#)

[Login/Post](#)

## FOR AUDIENCES

[Community Calendar](#)

[Artist Directories](#)

[Disability, Dance, Artistry](#)

[Immigrants, Dance, Arts](#)

### [Networks](#)

[Disability, Dance, Artistry](#)

[Immigrants, Dance, Arts](#)

[Volunteering](#)

[Donate](#)

---

### Contact

info@dance.nyc 212-966-4452 218 East 18th Street, 4th Floor, NY, NY 10003-3694

[Twitter](#) [Facebook](#) [YouTube](#)

Copyright © 2019 Dance/NYC [Privacy Policy](#) [Terms of Use](#) [Sitemap](#)

Design by Monroe&Co • Designed & Powered by Design Brooklyn

