

June 22 - August 17, 2022

Back Strength and Flexibility Training

Company: Anamelle Flexibility and Strengthening
 Venue: Balance Arts Center
 Location: New York, NY

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Anamelle studio

Come and join us for a back strength and flexibility training this Wednesday June 22. About this event We will work on back muscles strengthening and stretching as well as learning new ways to get into the bridge pose and its different variations, which could be used in dance sequences. Mats, blocks, massage balls and stretching bands all are provided but feel free bring your own mat. We meet every Wednesday from 7-8 at Arts Balance Center New Client special: get 20% off original price. Bring a friend and get more discounts for both of you. You can register through eventbrite or email us on anamelleflexstrength@gmail.com for more discounts. Note: Arts Balance Center requires at least a single dose of FDA or WHO approved vaccine.

Anamelle Flexibility and Strengthening
 151 W 30th st 3rd Floor, Room 9
 New York, NY, 10001

https://www.eventbrite.com/e/back-strength-and-flexibility-training-tickets-370222875587?utm_source=eventbrite&utm_medium=email&utm_campaign=post_publish&utm_content=shortLinkNewEmail

Schedule

June 22, 2022: 7:00pm
 June 29, 2022: 7:00pm
 July 6, 2022: 7:00pm
 July 13, 2022: 7:00pm
 July 20, 2022: 7:00pm
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