Tuesday, September 10, 2019 - Tuesday, September 8, 2020

Barre Fitness w/ McBroom

Company: RIOULT Dance Center
Location: Queens, NY

▶ Share | Print | Download



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.

Attire: comfortable athletic attire, socks or bare feet

RIOULT Dance Center
34 Steinway St
Queens, NY, 11101
(212)398-5901
https://www.rioult.org

Schedule
September 10, 2019: 9:00am
September 17, 2019: 9:00am
September 24, 2019: 9:00am
October 1, 2019: 9:00am
October 8, 2019: 9:00am
more

< back

previous listing • next listing