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September, 5-12, 2020

Barre Fitness w/ Nunez

Company: RIOULT Dance Center
 Location: Queens, 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.

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 5, 2020: 9:00am
 September 12, 2020: 9:00am

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