April 13 - June 1, 2020

Barre Vida with Autumn Oftedal

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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Barre Vida with Autumn Oftedal - Dancewave Online Adult Classes

Mondays 7-8PM E.S.T.

Barre Vida is a total body workout open to people of all fitness levels. It is a low cardio and intense toning class that works to elongate the muscles while burning fat. The class utilizes the use of the ballet barre, small hand weights, and other props to improve posture, give muscle definition, increase flexibility, and encourage weight loss. Each class is choreographed to a specific playlist to help motivate and give that extra musical push. Barre fitness targets the smaller muscles that often get lost in regular cardio or boot camp classes such as the oblique muscles, transverse abdominals, triceps, inner thighs, and gluteus. Expect to have fun and leave sweaty!

Autumn's mat class consists of demanding rigorous muscle targeted exercises, though all movement levels are welcome. Be prepared to push yourself.

About Dancewave's Online Weekly Adult Class Program:
Accessible for all bodies, abilities and skill levels, Dancewave's weekly online Adult dance and fitness classes are perfect for everyone from beginners to seasoned dancers looking to stay in shape. Our teaching artists are skilled creatives and choreographers who cultivate a personable, supportive and non-competitive community in class that you can depend on each week. Just $10/drop-in.

Visit dancewave.org/adult-classes to register anytime. #dancemakeswaves

Dancewave
Online classes - accessible anywhere
Brooklyn, NY, 11217
7185224696
http://dancewave.org/adult-classes

Schedule
April 13, 2020: 7:00pm
April 20, 2020: 7:00pm
April 27, 2020: 7:00pm
May 4, 2020: 7:00pm
May 11, 2020: 7:00pm
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