November 1 - December 20, 2019

Barre Vida with Autumn Oftedal (Drop-in)

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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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! Taught by Autumn Oftedal. Multi-class cards available! Visit dancewave.org/adult-classes

Dancewave
182 4th Avenue
Brooklyn, NY, 11217
(718) 522-4696

Schedule
November 1, 2019: 8:00pm
November 8, 2019: 8:00pm
November 15, 2019: 8:00pm
November 22, 2019: 8:00pm
November 29, 2019: 8:00pm
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