

January 24 - August 29, 2018

Barre a Terre

Company: Anabella Lenzu
Venue: Peridance Center
Location: NY, NY

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Todd Carroll

BARRE A TERRE (OPEN LEVEL) with Anabella Lenzu

at Peridance Capezio Center (126 East 13th Street, between 3rd and 4th Ave)

Find your inner-strength; develop & improve alignment and technique; explore and learn how to efficiently use your body and your energy in a healthy way as instruments of your expression. Through this class, you can increase flexibility and strength, overcome physical difficulties and incorrect posture, and acquire physical awareness to help prevent injuries. Open to all levels of experience.

Anabella Lenzu
126 East 13th Street
NY, NY, 10003
<http://www.anabellalenzu.com/weekly-classes/>

Schedule
January 24, 2018: 10:00am
January 26, 2018: 10:00am
January 30, 2018: 7:30pm
January 31, 2018: 10:00am
February 2, 2018: 10:00am
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