

November 5 - December 17, 2025

Bija Beat x Gibney: Bija Beat NYC

Company: Bija Beat

Venue: Gibney Dance Studio

Location: New York, NY

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Every Wednesday in NYC – Move with Purpose. Dance with Heart. Give with Joy.

The Class:

An uplifting, high-energy dance fitness experience that blends dynamic choreography, rhythm, and artistry to energize both body and spirit.

Move, sweat, and shine as you ignite creativity, joy, and connection through exhilarating, full-out sequences, designed to leave you glowing inside and out.

Led by Bija Beat founder Tracy Straus and a rotating roster of professional dancers, this one-hour class celebrates dance as expression, connection, and transformation. No matter your level, you'll feel inspired, supported, and fully alive.

What to Expect:

- All levels welcome - no prior dance experience needed
- Dynamic choreography blending cardio, artistry, and mindfulness
- Live and curated music that fuels your movement
- A vibrant community that celebrates joy, connection, and giving back
- Professional instruction from Tracy Straus and guest dancers from the NYC dance world

The Bija Beat Difference:

Every beat gives back. A portion of proceeds supports Celebrate The Beat, providing transformative dance education for children through the award-winning programs of the National Dance Institute.

This is more than a class – it's a movement of purpose and belonging.

BOOK YOUR CLASS - <https://gibneydance.org/class-schedule/>

Bija Beat
53A Chambers Street 280 Broadway
New York, NY, 10007
<https://gibneydance.org/class-schedule/>

Schedule
November 5, 2025: 6:30pm
November 12, 2025: 6:30pm
November 19, 2025: 6:30pm
November 26, 2025: 6:30pm
December 3, 2025: 6:30pm
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