

January 7 - March 31, 2020 ChaiseFitness Reinvention - Community Class

Company: Chaise Fitness Location: New York, NY Share | Print | Download



ChaiseFitness

ATTENTION... Dancers, Athletes, Beginner trainers, Advanced trainers, Rebuilders.

Are you looking for an affordable and affect work out?

Are you ready to burn those holiday calories so you can look and feel super BADASS?

Well here is your chance!!

I, Tabitha Kelly, will be teaching community classes at ChaiseFitness every:

Tuesday: Flatiron location (40 E 23rd Street, New York, NY 10010) at 10:45am

and

<u>Saturday</u>: Upper East Side location (1204 Lexington Ave New York, NY 10028) at 10:00am

Community Classes are ONLY \$15

About Chaise Fitness: Chaise Fitness blends Pilates, ballet, and strength training that equips you with a chair and overhead bungees so that you work out all your muscles every time.

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If you are interested there are three simple steps:

1) Send me an email stating your intererest a<u>ttkdancework@gmail.com</u>

2) Book Tabitha Kelly on the Chaise Fitness website https://chaisefitness.com/

3) Come to class and enjoy!!

Chaise Fitness Tuesday's = 40 E 23rd Street, New York, NY Saturday's = 1204 Lexington Ave, New York, NY New York, NY, https://chaisefitness.com/ Schedule January 7, 2020: 10:45am January 11, 2020: 10:00am January 14, 2020: 10:45am January 18, 2020: 10:00am January 21, 2020: 10:45am more

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