

January 28 - June 17, 2021

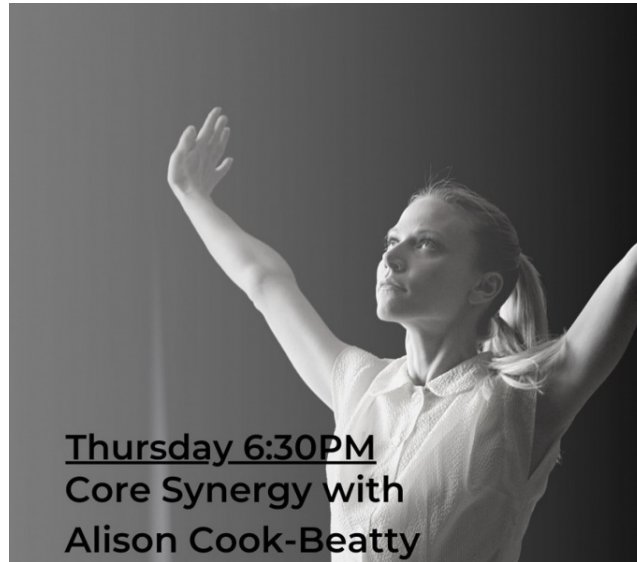
## Core Synergy with Alison Cook Beatty

Company: Alison Cook Beatty Dance

Venue: ONLINE

Location: New York, NY

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Lucas Chilczuk

CORE SYNERGY with Artistic Director Alison Cook-Beatty Thursdays at 6:30 p.m. LIVE on the "Alison Cook Beatty Dance" Facebook page and shared on the "Core Synergy with Alison Cook Beatty" page.

This class emphasizes core strength and cardiovascular fitness to develop a body that functions optimally while enhancing one's natural physique. Incorporating static and dynamic warm-up movements, Hatha-based yoga, Pilates-based exercises, multi-planar full-body strengthening exercises, and active isolated stretching techniques, participants will develop balance, flexibility, and core-based strength while improving their aerobic and anaerobic fitness. Suitable for all abilities and fitness levels, this high-energy class is a healthy, fun, and challenging approach to achieving a superb physique and superior fitness level.

Alison Cook Beatty Dance  
229 E 85th St #462  
New York, NY, 10016

### Schedule

January 28, 2021: 6:30pm  
February 4, 2021: 6:30pm  
February 11, 2021: 6:30pm  
February 18, 2021: 6:30pm  
February 25, 2021: 6:30pm

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