

March, 1-31, 2023

## Cross Train with ChaiseFitness!

Company: ChaiseFitness

Venue: ChaiseFitness

Location: New York, NY

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Calling all performers!

Take advantage of our new Performance Artist Class Rate we are offering. Our co-founder Rachel Piskin is a former New York City Ballet dancer and wants to help support the dance community by offering this special rate for dancers to crosstrain with us - building strong lean muscles, supplementing their dance training.

The rate is \$18 per class and applies to any of the classes listed below! Email us to book with this special rate - [ues@chaisefitness.com](mailto:ues@chaisefitness.com) (Performance Artist Class rate not available to purchase/book online).

Performance Artist Class Availability:

Wednesdays 10:25am BandSculpt

Thursdays 10:25am BandSculpt

Fridays 10:25am BandSculpt

Saturdays 9:00am BandSculpt

Saturdays 10:00am BandSculpt

Feel free to share this info with your personal artist community!

ChaiseFitness  
1204 Lexington Avenue  
New York, NY, 10028  
(212) 744-6100  
<http://www.chaisefitness.com>

Schedule  
March 1, 2023: 10:25am  
March 2, 2023: 10:25am  
March 3, 2023: 10:25am  
March 8, 2023: 10:25am  
March 9, 2023: 10:25am  
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