

November, 9-23, 2019

## Dance Bootcamp with Steven Lopez

Company: The Ailey Studios

Venue: The Ailey Studios

Location: new york, NY

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Train like a dancer at Ailey with Sticelife!

Get stronger with your own body weight by doing specific movements in 4 alternating stations built to sculpt and build endurance for your muscles. At Dance Bootcamp, students will participate in high energy exercises that allow your body to move naturally with full range motion to increase your metabolism and tone your entire physique.

The Ailey Studios  
405 w 55th st  
new york, NY, 10019  
2124059000  
[https://clients.mindbodyonline.com/ASP/main\\_enroll.asp?studioid=851&tg=3&vt=2&lv;=&stype=-103&view=day&trn=100000033&page;=&catid;=&prodid;=&date=10/13/19&classid=0&prodGroupId;=&sSU;=&optForwardingLink;=&qParam;=&justloggedin;=&nLgIn;=&pMode=0&loc=1](https://clients.mindbodyonline.com/ASP/main_enroll.asp?studioid=851&tg=3&vt=2&lv;=&stype=-103&view=day&trn=100000033&page;=&catid;=&prodid;=&date=10/13/19&classid=0&prodGroupId;=&sSU;=&optForwardingLink;=&qParam;=&justloggedin;=&nLgIn;=&pMode=0&loc=1)

Schedule  
November 9, 2019: 9:30am  
November 16, 2019: 9:30am  
November 23, 2019: 9:30pm

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