January 7 - February 25, 2021

Dancewave Jan/Feb Barre Vida Classes

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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January & February Barre Vida Classes - THURSDAYS 7:00-8:00PM

Barre Vida is a total body workout open to people of all fitness levels. It is a low cardio and intense toning class that works to elongate the muscles while burning fat. Occasional props are used to improve posture, give muscle definition, increase flexibility, and encourage weight loss. Barre fitness targets the smaller muscles that often get lost in regular cardio or boot camp classes such as the oblique muscles, transverse abdominals, triceps, inner thighs, and gluteus. Class consists of demanding rigorous muscle targeted exercises, though all movement levels are welcome. Be prepared to push yourself! Use a mat!

At Dancewave, everyone is invited to dance!

All of our teachers create a community in class that is supportive and non-competitive. We are committed to providing opportunities for students to engage with a diverse range of movement styles. Taking class at Dancewave is about the joy of moving, building confidence, and learning together in an environment that celebrates individual expression and creativity. Learn more and register at http://bit.ly/Dancewave-Adult-Classes

Dancewave
Online classes - accessible anywhere
Brooklyn, NY, 11217
718.522.4696
http://bit.ly/Dancewave-Adult-Classes

Schedule
January 7, 2021: 7:00pm
January 14, 2021: 7:00pm
January 21, 2021: 7:00pm
January 28, 2021: 7:00pm
February 4, 2021: 7:00pm
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