

Thursday, September 5, 2013

Donation-Based BOOTCAMP!

Company: Liberated Movement
Venue: Battery Dance Studio
Location: New York, NY

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Get your work-out on with this heart-pumping, muscle-toning, non-stop energy class! This class focuses on toning abs, arms, butts and legs, as well as burning tons of calories with an open level dance routine. Don't forget sneakers and water, as this class will keep you moving!
Suggested \$5 donation

Liberated Movement
380 Broadway 5th Floor
New York, NY, 10013
<http://www.liberatedmovement.com>

Schedule
September 5, 2013: 7:00pm

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