

October, 11-16, 2021

## Emerge125: Dance Cardio with Briana

Company: Emerge125

Venue: ZOOM

Location: New York, NY

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Kinetic Kinship class; Briana Marsiello graduated with a BFA in dance from Montclair University in 2019. She became AKT and NASM certified in 2020. Get ready to sweat! She specializes in dance-based cardio fitness, HIIT training, low weight/high rep strength, large muscle group toning, and myofascial release technique.

Class Price: \$13

Workshop Price: \$34

Emerge125  
8 W 126th Street  
New York, NY, 10027  
<https://kinetickinshipddc.corsizio.com>

Schedule  
October 11, 2021: 9:00am  
October 13, 2021: 9:00am  
October 16, 2021: 10:00am

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