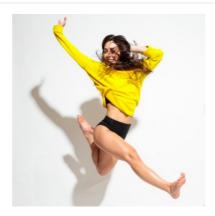


## OUR NEW YORK CITY DANCE

October, 11-16, 2021

## Emerge125: Dance Cardio with Briana

Company: Emerge125 Venue: ZOOM Location: New York, NY ► Share | Print | Download



Kinetic Kinship class; Briana Marsiello graduated with a BFA in dance from Montclair University in 2019. She became AKT and NASM certifed 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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