

Sunday, April 14, 2019

Flexistretcher Ballet Conditioning Class

Company: Flexistretcher

Venue: Battery Dance

Location: New York, NY

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Andrew Holtz

The Flexistretcher ballet conditioning class is designed to focus on the flexibility and strength needs of dancers! Class will be lead by founder, Rachel Hamrick, former professional ballerina and pilates teacher. This class will focus on exercises to improve your extension, splits, turnout, and more!

- Class is open to all ability levels and Flexistretcher users! **will focus on dancer specific exercises**
- All ages and levels welcome
- Flexistretchers will be provided for use during the class
- Please bring a yoga mat

Pre-registration required! Secure your spot in advance as classes fill up. Click the link above.

Flexistretcher
380 Broadway #5
New York, NY, 10013
7039698463
<https://www.rachelhamrick.com/teacher-training-1/flexistretcher-class>

Schedule
April 14, 2019: 12:00pm

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