

Friday, November 9, 2012

## Free Class Friday for Members Series: Jarek Cemerek

Company: Dance New Amsterdam  
Venue: Dance New Amsterdam  
Location: New York, NY

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This class aims to encourage a sense of body awareness, efficiency, and physical articulation. Starting with simple exercises to build strength and a good foundation in order to get the body ready. Special emphasis will be made on healthy body mechanics, efficient use of weight, falls, jumps, etc.

Dance New Amsterdam  
280 Broadway (Entrance on 53 Chambers)  
New York, NY, 10007  
212.625.8369

<http://www.dnadance.org/site/studio/free-class-friday/>

Schedule  
November 9, 2012: 1:30pm

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