

April 2 - May 28, 2020

## Ground Conditioning For Quarantine with Kyla Ernst-Alper

Company: The Muse Brooklyn  
 Venue: The Muse Brooklyn  
 Location: Brooklyn, NY

► [Share](#) | [Print](#) | [Download](#)

Ground Conditioning with Kyla



We're all in this together as we practice social distancing. Join this 30-minute intense strength and conditioning workout to keep your aerial muscles in gear. We will use some props: a tennis ball or hand towel, a theraband, a block or two, and some free weights in both the light (3-5lbs) and medium range (10-20lbs). If you don't have free weights improvise with filled water bottles, cans of food, bags of rice, a stack of books, or pets. You'll also need a wall that you can lean against and enough floor space to lay flat with your legs extended and your arms over your head.

Join here: <https://zoom.us/j/632208310>

Donations welcome via MindBody registration, Paypal ([themusebrooklyn@gmail.com](mailto:themusebrooklyn@gmail.com)) and Venmo (@TheMuseBrooklyn), just please don't forget to mention the name of the class and day!

The Muse Brooklyn  
<https://zoom.us/j/632208310>  
 Brooklyn, NY, 11237

Schedule  
 April 2, 2020: 11:00am  
 April 9, 2020: 11:00am  
 April 16, 2020: 11:00am  
 April 23, 2020: 11:00am  
 April 30, 2020: 11:00am  
[more](#)

[< back](#)

[previous listing](#) • [next listing](#)