

April 2 - May 28, 2020

Ground Conditioning For Quarantine with Kyla Ernst-Alper

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

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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) 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
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