

January 30 - May 15, 2021

## H.I.I.T. Cardio with Daniela Funicello

Company: Kinetic Kinship (Powered by Elisa Monte Dance)

Venue: Zoom

Location: New York, NY

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Daniela Funicello teaches HIIT Cardio every Saturday at 11AM EST!

Class Price: \$13. \$11 when you register 3 weeks out!

For more information and to see the Full Class Schedule go to <https://bit.ly/kinetickinship>

**Class Description:** Get yourself moving and grooving in Daniela's HIIT CARDIO Class! This no equipment needed workout incorporates upbeat jams to keep the body energized while challenging to push ourselves beyond our own limits. By the end of this forty five minute workout you'll be sure to feel a total body engagement and come out feeling stronger than ever!

**Teacher Bio:** Daniela Funicello, a New Jersey native, is a professional performing artist residing in New York City. Ms. Funicello holds a BFA in Dance and a Business Management minor from Marymount Manhattan College. She is currently a Senior Company Dancer with Elisa Monte Dance under the direction of Tiffany Rea-Fisher. Daniela is also a performer with the Classical Theater of Harlem in their evergreen production of A Christmas Carol in Harlem as well as in their Uptown Shakespeare in the Park summer shows. Daniela is a dance educator at the Lake Placid School of Ballet and Dance and is currently on faculty with the Police Athletic League of New York bringing outreach dance classes to the five boroughs of New York City. Daniela is also a fitness instructor whose workouts are sure to make you sweat, smile, and push you beyond your limits. Get yourself moving and grooving in Daniela's HIIT Cardio and Sculpt & Tone Classes and come out feeling stronger than ever!

For more information go to <https://bit.ly/kinetickinship>

Kinetic Kinship (Powered by Elisa Monte Dance)

8 W 126th Street

New York, NY, 10027

<https://kinetickinshipddc.corsizio.com/?instructor=5f5bdcde05999a5bf828d887>

### Schedule

January 30, 2021: 11:00am

February 6, 2021: 11:00am

February 13, 2021: 11:00am

February 20, 2021: 11:00am

February 27, 2021: 11:00am

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