

October 5 - December 28, 2017

Kukuwa w/ Courtney Thompson

Company: Mark Morris Dance Center
 Venue: Mark Morris Dance Center
 Location: Brooklyn, NY

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Get ready to explore Africa without a passport and learn to move muscles you didn't know you had! Kukuwa® African Dance Workout is not only a workout, it's an education and journey one experiences each time they move their boombsey. It will take you on an exotic African expedition pumping fun through your veins, burning crazy calories and sweating buckets. Kukuwa® African Dance energy adds living flavor to your workout, nourishing both body and soul.

Open to participants at all fitness and dance levels.

Suggested Attire:

Comfortable clothing in which you can easily move
 Jazz shoes, jazz sneakers, indoor sneakers, or thin socks. No street shoes.

Thursdays 7:30 - 8:30

Instructor: [Cassandra Nuamah](#)

Mark Morris Dance Center
 3 Lafayette Avenue
 Brooklyn, NY, 11217
 718.624.8400
http://markmorrisdancegroup.org/dance-center/adult-classes/Dance-Workout/Kukuwa?utm_source=dancenyc&utm_medium=website

Schedule
 October 5, 2017: 7:30pm
 October 12, 2017: 7:30pm
 October 19, 2017: 7:30pm
 October 26, 2017: 7:30pm
 November 2, 2017: 7:30pm
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