

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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