Saturday, September 7, 2019 - Saturday, September 12, 2020

# Lastics Stretch w/ Torres

Company: RIOULT Dance Center
Location: Queens, NY

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Lastics Stretch Technique is a method born from the world of dance that teaches people how to improve flexibility safely and significantly. The class focuses on combining elongation, alignment and release techniques to free the body within.

Vogue Magazine named Lastics one of the best stretch classes in the country.

RIOULT Dance Center
34 Steinway St
Queens, NY, 11101
(212)398-5901
https://www.rioult.org/

Schedule
September 7, 2019: 11:00am
September 14, 2019: 11:00am
September 21, 2019: 11:00am
September 28, 2019: 11:00am
October 5, 2019: 11:00am
more

< back

previous listing • next listing