

June, 12-26, 2018

## Mat Core Fusion Class

Company: IndoRican Multicultural Dance Project  
 Venue: St. Peter's Episcopal Church 346 West 20th Street NYC  
 Location: New York, NY

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Mat Core Fusion Class combines passive stretching, body manipulation and abdominal work for a complete body workout. Get healthy, bring a friend and laugh a lot!

\*MAT CORE FUSION IS A DONATION BASED CLASS. ANY CONTRIBUTION IS APPRECIATED!

\*PLEASE BRING A YOGA MAT FOR YOUR COMFORT

\*LOCATION: ST PETER'S EPISCOPAL CHURCH 346 WEST 20TH STREET NYC 10011

\*SPACE IS LIMITED. RESERVE YOUR SPACE AT INDORICAN@LIVE.COM

\* DAY AND TIME: TUESDAYS 10AM-11AM

IndoRican Multicultural Dance Project  
 346 West 20th Street  
 New York, NY, 10011

Schedule  
 June 12, 2018: 10:00am  
 June 19, 2018: 10:00am  
 June 26, 2018: 10:00am

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