March 24 - April 30, 2020

Moving For Life Gentle Dance Exercise Class for Health - Now Online!

Company: Moving For Life, Inc
Venue: This is an online event
Location: NA, NY

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While our in-person classes are on hold, join us online for a Moving For Life Dance Exercise for Health class!

This class is open for everyone, including kids! Tuesdays and Thursdays at 6 pm.

Please RSVP and we will send you a link via email to the Video Conference via Zoom.us (you need your own free zoom account). Once you have RSVP'd, scroll down in your Ticket email to Additional Information for the video link.

Class starts with a gentle warm-up, then moves to gentle aerobics and strength through dance moves then a cool down. Exercise increases energy levels, boosts immunity, helps with weight management and eases symptoms of many chronic illnesses.

Don't be shy if you haven't been moving for a while. This gentle dance aerobics class designed by Movement Therapist Dr. Martha Eddy PhD is a safe, non-intimidating environment with great music and exercise can be done at your own pace.

You are encouraged to do what is comfortable and modify based on your energy level, range of motion, or fitness level. We start where you are at, so don't worry if you haven't been moving. All ages and abilities.

RSVP is required for the Zoom.us link.

We're in this together! Let's staying moving and connected. We look forward to seeing you online!

See full schedule and find out more at www.movingforlife.org or email us at info@movingforlife.org

Moving For Life, Inc
N/A This is an online event
NA, NY, 10009
https://www.eventbrite.com/e/moving-for-life-gentle-dance-exercise-class-for-health-now-online-tickets-100045763572

Schedule
March 24, 2020: 6:00pm
March 26, 2020: 6:00pm
March 31, 2020: 6:00pm
April 2, 2020: 6:00pm
April 7, 2020: 6:00pm
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