

November, 5-19, 2020

## November 2020 Adult Classes: BARRE VIDA

Company: Dancewave  
Venue: Dancewave  
Location: Brooklyn, NY

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Effy Grey

Barre Vida is a total body workout open to people of all fitness levels. It is a low cardio and intense toning class that works to elongate the muscles while burning fat. Occasional props are used to improve posture, give muscle definition, increase flexibility, and encourage weight loss. Each class is choreographed to a specific playlist to help motivate and give that extra musical push. Barre fitness targets the smaller muscles that often get lost in regular cardio or boot camp classes such as the oblique muscles, transverse abdominals, triceps, inner thighs, and gluteus. Class consists of demanding rigorous muscle targeted exercises, though all movement levels are welcome. Be prepared to push yourself! Use a mat!

Fall into Dancewave's November Adult Dance & Fitness Classes!

Taking class at Dancewave is about the joy of moving, building confidence, and learning together in an environment that celebrates individual expression and creativity. Our new virtual class format is designed to keep you connected, moving and having fun at home all week long!

Dancewave's new flexible payment structure (\$5-\$15 per drop-in class) is here to ensure that our classes remain a dynamic, accessible and equitable opportunity for all. Each new monthly schedule will be announced two weeks in advance, with a week-long Flash Sale where you can sign up for our \$60 Monthly Unlimited Class Card. Learn more at [dancewave.org/adult-classes/](https://dancewave.org/adult-classes/)

Dancewave  
Online classes - accessible anywhere  
Brooklyn, NY, 11217  
718.522.4696  
<https://dancewave.org/adult-classes/>

Schedule  
November 5, 2020: 7:00pm  
November 12, 2020: 7:00pm  
November 19, 2020: 7:00pm

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