

## FOR AUDIENCES

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February 26 - May 21, 2019

### Open Level Barre-Vida

Company: Dancewave

Venue: Dancewave

Location: Brooklyn, NY

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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. The class utilizes the use of the ballet barre, small hand weights, and other props 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. Expect to have fun and leave sweaty!

Taught by Autumn Oftedal

\$13 Drop in

Register [here](#)

Dancewave  
45 4th Avenue  
Brooklyn, NY, 11217  
7185224696

Schedule  
February 26, 2019: 6:30pm  
March 5, 2019: 6:30pm  
March 12, 2019: 6:30pm  
March 19, 2019: 6:30pm  
March 26, 2019: 6:30pm  
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