October, 13-27, 2019

Rommett Floor Barre Workshop with Vernard Gilmore

Company: Ailey Extension
Venue: The Ailey Studios
Location: new york, NY

▶ Share | Print | Download



Join veteran Ailey dancer Vernard Gilmore, certified Zena Rommett Floor Barre Instructor, to increase stability, advance your workouts with precision and live better in YOUR body. This workshop will focus on understanding your energy and directing it through YOUR body's alignment with a gentle and efficient effort.

Ailey Extension
405 w 55th st
new york, NY, 10019
2124059000
https://clients.mindbodyonline.com/ASP/main_enroll.asp?studioid=851&tg=3&vt=2&lvl;=&stype=-103&view=day&trn=100000033&page;=&catid;=&prodid;=&date=10/13/19&classid=0&prodGroupId;=&sSU;=&optForwardingLink;=&qParam;=&justloggedin;=&nLgIn;=&pMode=0&loc=1

Schedule
October 13, 2019: 2:00pm
October 20, 2019: 2:00pm
October 27, 2019: 2:00pm

< back

previous listing • next listing