

January 6 - July 6, 2016

Sensual Stretch

Company: Fit4Dance
Venue: Fit4Dance
Location: Brooklyn, NY

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Sensual Stretch is a total-body stretch class for adults. Stretching gives your muscles the ability to lengthen, to expand and restore after exercise. Stretching also reduces muscle tension, enhances muscular coordination, and increases blood circulation and energy levels. And of course, it feels amazing.

Fit4Dance
154 Utica Ave Ground Floor
Brooklyn, NY, 11213
3479212404
<http://www.fit4dancenyc.com/schedule>

Schedule
September 29, 2016: 8:00pm

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