

January 29 - June 18, 2021

## TheraBand Elastic Resistance and Foam Rolling with Nika Antuanette

Company: Alison Cook Beatty Dance  
Venue: ONLINE  
Location: New York, NY

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**Friday 11AM**  
**TheraBand Elastic Resistance**  
**& Foam Rolling with**  
**Nika Antuanette**

Paul B Goode

"Undo the doing" in this weekly session to both strengthen various muscle groups and enhance flexibility throughout the body. Bring your elastic bands, foam roller, and join us for some much-needed release and relaxation! Foam rolling is an effective self-massage technique to enhance range-of-motion in the body. It also aids in muscle recovery and reduces soreness after physical exertion. Be sure to stay hydrated before & after our sessions!

Alison Cook Beatty Dance  
229 E 85th St #462  
New York, NY, 10016

Schedule

January 29, 2021: 11:00am  
February 5, 2021: 11:00am

February 12, 2021: 11:00am  
February 19, 2021: 11:00am  
February 26, 2021: 11:00am

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