April 1 - May 31, 2020

VIRTUAL Core Synergy with Alison Cook-Beatty

Company: Alison Cook Beatty Dance
Venue: Core Synergy with Alison Cook-Beatty Facebook Page
Location: New York, NY

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Marc Safran Photography

Alison Cook Beatty Dance is so excited to be able to offer FREE virtual classes open to dancers and non-dancers alike.

Join us Wednesdays 6:30PM EDT and Sundays at 1PM EDT for Core Synergy with Artistic Director Alison Cook-Beatty! This class emphasizes core strength and cardiovascular fitness to development a body that functions optimally while enhancing one's natural physique. Incorporating static and dynamic warm-up movements, hatha-based yoga, Pilates-based exercises, multi-planar full-body strengthening exercises, and active isolated stretching techniques, participants will develop balance, flexibility, and core-based strength while improving their aerobic and anaerobic fitness. Suitable for all abilities and fitness levels, this high-energy class is a healthy, fun, and challenging approach to achieving a superb physique and superior level of fitness.

Wednesday classes will be livestreamed on the Alison Cook Beatty Dance Instagram page, @alisoncookbeattydance.

Sunday classes will be live streamed on our the Facebook Page "Core Synergy with Alison Cook-Beatty" linked here: https://www.facebook.com/CoreSynergyNYC/ . We hope to see you there!

All classes are free, but we encourage donations of any amount to help us be able to keep offering these classes. Donations can be made at https://alisoncookbeattydance.networkforgood.com/

Alison Cook Beatty Dance
229 East 87th Street #462
New York, NY, 10016

Schedule
April 1, 2020: 6:30pm
April 5, 2020: 1:00pm
April 8, 2020: 6:30pm
April 12, 2020: 1:00pm
April 19, 2020: 1:00pm
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