

October 3 - December 26, 2016

Zena Rommett Floor-Barre® w/ Anna Griffin

Company: Mark Morris Dance Center
Venue: Mark Morris Dance Center
Location: Brooklyn, NY

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ZENA ROMMETT FLOOR-BARRE®

Experience the gentle, yet effective benefits of Zena Rommett Floor-Barre® with certified teacher, Rickey Tripp. Floor-Barre® uses the floor to correct and refine body alignment, strengthen joints, and address musculo-skeletal functions. Based on ballet, Floor-Barre®, creates long exquisite lines. A pioneer in injury prevention and rehabilitation, Zena Rommett's work is recommended by notable medical practitioners.

Zena Rommett Floor-Barre®

Corrects & Refines Body Alignment
Strengthens Joints
Lengthens and Strengthens Muscles
Increases Vitality & Artistic Expression
Is Doctor Recommended for Injury Prevention & Rehabilitation

Floor-Barre® is a registered trademark belonging to the Rommetts and Zena Rommett Floor-Barre Foundation. All rights protected.

Mondays 6:30 - 7:30pm

Instructor: Anna Griffin

Mark Morris Dance Center
3 Lafayette Ave
Brooklyn, NY, 11217
718.624.8400
<http://markmorrisdancegroup.org/dance-center/adult-classes/Ballet/Zena-Rommett-Floor-Barre>

Schedule
February 15, 2016: 6:00pm

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