

ART NEW YORK CITY

Virtual
Classes

Sunday Fundays 1:00 - 1:45 PM ET

Suggested Donation \$10 for Each Class



Sunday, August 2nd

Limer Isolation Technique

Chiquita Limer



Sunday, August 9th

Hip Hop

Teresa Ting



Sunday, August 16th

Modern Contemporary

Chia-hui Cheng



Sunday, August 23rd

Contemporary

Brooke Frieling



Sunday, August 30th

Jazz

Tara Nicole Stamm

PLUS

NEW! Workout Wednesdays

12:00 – 12:45 PM ET

Suggested Donation \$10 for Each Class

Wed, Aug 5th

Core Strength

Armen Agaian

Wed, Aug 12th

Stretching & Flexibility

Ryah Mesch

Wed, Aug 19th

Pilates & Strength

Ziad Khedr

Wed, Aug 26th

Full Body Workout

Danielle Cinone