



## Dancers' Sculpt & Stretch: Master-Class By Karim Strougo

Awaken the dancer within!

From his years of dancing and, digging into his extensive experience as a group fitness instructor and personal trainer, Karim brings you this invigorating master-class that will stretch and tone your body like nothing else ever did!

Music-Lovers, brace yourselves...! The music selection for this class will take your breath away ☺

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1	1*	1*	—

**\* Only if taken with the “Biomechanics of Yoga and Pilates” or the “Diagonal Streaming” workshop.**

**Classes alone do not offer any CEUs.**