

Tuition Based Class Schedule

Fall 2021



Monday

12:30 pm *Basic Fitness w/ Naomi*
September 8 - December 17

Tuesday

12pm *MOVEMENT SPEAKS® w/ Naomi @ 92nd Street Y 1395 Lexington Ave*
(registration at 92nd Y)
September 20 - January 29

Wednesday

12:30pm *Modern Dance for Life w/ Gierre*
September 8 - December 17

Saturday

11 am *Cardio Fitness w/ Marisol*
September 8 - December 17

Sunday

11 am *Modern Dance for Life w/ Gierre*
September 8 - December 17



ABOUT US

Dances for a Variable Population provides lively, fun and free programs for adults, low cost classes, and performances with beautifully crafted choreography. Through our programs, we strive to extend and improve the quality of life, and engage communities as participants and audience members.

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