



CORE INTEGRATIONS

Marinaccio Technique

Join us for our weekly Warm-up
in person at Inspire or on Zoom!

IMPROVE HOW YOU MOVE!

Find new strength and improve how you move with a Gene Marinaccio warm-up that includes a few extra twists. This class is available to all and does not require a dance background. The routine is set with a few variations, and all actions are called out. Exercises start on the floor and end standing with a barre.

TUESDAYS 7:00PM \$25

Inspire Dance Studio
457 Foothill Blvd.
La Cañada Flintridge, CA 91011
inspire_dancestudio.com

Walk-in or signup at:

COREINTEGRATIONS.COM

