Isadora Duncan Dance Program
with Lori Belilove

Dates:
Wednesdays, September 7 - December 21

Time:
1:30-3:00 p.m. Isadora Duncan Basic Class for Adults

Location:
McBurney YMCA
125 West 14th Street, NY, NY 10011
(between 6th & 7th Avenues)

Tuition:
Members: $15/single class; $110/8-week session
Non-members: $20/single class; $140/8-week session

REGISTER NOW
or
Drop-ins welcomed!

Questions? Or to register: 212-912-2300 (YMCA)

Upcoming Performances and Residencies

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Classes begin on the floor with fluid warm-up movements and breathing exercises, then progress to standing and moving through a series of Duncan movements that expand upward and outward to flow through the entire body. Particular attention will be paid to the musicality within the Duncan tradition as the students accomplish skips, runs, leaps, polkas, and waltzes. All of the classes include a creative time for improvisation.