

“Power-core Conditioning”

“Capoeira”

**Fitness for Union Members, Family, Friends, Retirees
PBA Member Discount**

Instructors: **Julianne, Leo**

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Location:

Capoeira Nago Academy

12 East 32nd Street, 2nd Floor

New York, NY 10016

***Ripped Academy Results
Peak Performance Fitness***

Schedule <http://www.nagoacademy.com/schedule>

Classes offered Monday through Saturday, Class durations 45 minutes

Class Descriptions:

“Power-core Conditioning”: MMA Self-Defense, Kickboxing, Kettlebell Conditioning, Calisthenics, Interval Training, Pilates and Yoga.

“Capoeira”: Afro-Brazilian Martial Art with kicking and lunging, combines also fluid movement, breakdancing, and gymnastics.

PBA Member Discount:

Unlimited Monthly Training Memberships

50% off the First Month

Each Additional Month 20% off

