

December, 7-21, 2018

Essentrics®

Company: Dancewave Inc

Venue: Dancewave

Location: Brooklyn, NY

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Essentrics® is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for people of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy. Taught by Diane Jacobowitz

Dancewave Inc
45 Fourth Ave
Brooklyn, NY, 11217
7185224696

Schedule
December 7, 2018: 9:00am
December 14, 2018: 9:00am
December 21, 2018: 9:00am

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