April 17 - June 5, 2020

Essentrics with Diane Jacobowitz

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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Essentrics with Diane Jacobowitz - Dancewave Online Adult Classes

Fridays 9-10AM E.S.T.

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.

This is an even-paced class designed to increase flexibility and mobility, accessible to all movers! Occasional use of a mat, if available.

About Dancewave's Online Weekly Adult Class Program:
Accessible for all bodies, abilities and skill levels, Dancewave's weekly online Adult dance and fitness classes are perfect for everyone from beginners to seasoned dancers looking to stay in shape. Our teaching artists are skilled creatives and choreographers who cultivate a personable, supportive and non-competitive community in class that you can depend on each week. Just $10/drop-in.

Visit dancewave.org/adult-classes to register anytime. #dancemakeswaves

Dancewave
Online classes - accessible anywhere
Brooklyn, NY, 11217
7185224696
http://dancewave.org/adult-classes

Schedule
April 17, 2020: 9:00am
April 24, 2020: 9:00am
May 1, 2020: 9:00am
May 8, 2020: 9:00am
May 15, 2020: 9:00am
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