

November, 3-24, 2020

## November 2020 Adult Classes: ESSENTRICS

Company: Dancewave  
Venue: Dancewave  
Location: Brooklyn, NY

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Effy Grey

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 barefoot workout leaves you feeling energized, youthful and healthy. This is an even-paced class designed to increase flexibility and mobility, accessible to all movers! Class uses a mat. Supportive pillows or risers are recommended for tight shoulders, backs and hamstrings.

Fall into Dancewave's November Adult Dance & Fitness Classes!

Taking class at Dancewave is about the joy of moving, building confidence, and learning together in an environment that celebrates individual expression and creativity. Our new virtual class format is designed to keep you connected, moving and having fun at home all week long!

Dancewave's new flexible payment structure (\$5-\$15 per drop-in class) is here to ensure that our classes remain a dynamic, accessible and equitable opportunity for all. Each new monthly schedule will be announced two weeks in advance, with a week-long Flash Sale where you can sign up for our \$60 Monthly Unlimited Class Card. Learn more at [dancewave.org/adult-classes/](https://dancewave.org/adult-classes/)

Dancewave  
Online Classes - accessible anywhere  
Brooklyn, NY, 11217  
718.522.4696  
<https://dancewave.org/adult-classes/>

Schedule  
November 3, 2020: 7:00pm  
November 10, 2020: 7:00pm  
November 17, 2020: 7:00pm  
November 24, 2020: 7:00pm

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