October, 6-27, 2020

October 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.

At Dancewave, everyone is invited to dance!
All of our teachers create a community in class that is supportive and non-competitive. We are committed to providing opportunities for students to engage with a diverse range of movement styles. Taking class at Dancewave is about the joy of moving, building confidence, and learning together in an environment that celebrates individual expression and creativity. All classes held via Zoom.

Visit our website to see our latest class offerings: dancewave.org/adult-classes.

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

Schedule
October 6, 2020: 7:00pm
October 13, 2020: 7:00pm
October 20, 2020: 7:00pm
October 27, 2020: 7:00pm

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