

March 12 - April 16, 2025

## Empowerment Essentrics with Diane Jacobowitz

Company: Fitness Empowerment  
Venue: Dancewave  
Location: Brooklyn, NY

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Looking to get back in touch with your body, not just getting into shape but feeling good, energized and pain free? Join us for a 6-week workshop in Fitness Empowerment taught by Diane Jacobowitz taking place at DANCEWAVE that is designed to rebalance your body unlocking tight joints and releasing stuck fascia!

Essentrics combines aspects of tai chi, ballet and physiotherapy in a dynamic moving experience that enhances flexibility, strength, and mobility. Whether you're looking to improve posture, alleviate pain or simply enjoy an enlivening exercise program, these classes offer a perfect blend of challenge and comfort. ENJOY your body moving with greater ease! A SUPPORTIVE Environment for all fitness levels!

This program is designed to help you feel energized and healthy and youthful.

6 week session: Wednesdays March 12-April 16th @ 11 am

All sessions are at 11 am. Last class: April 16th is at 3:30 pm

Workshop Classes take place at Dancewave 182 4th Avenue, Brooklyn.

6 classes for \$90! Single classes are \$20

To REGISTER: [denabe25@gmail.com](mailto:denabe25@gmail.com) or [www.fitnessempowerment.online](http://www.fitnessempowerment.online). Don't Miss Out!

Diane Jacobowitz, Founder of Dancewave, is a lifelong dancer, master teacher, director and healer. She has taught dance, movement and fitness for over 30 years to all ages and abilities.

Fitness Empowerment  
182 Fourth Avenue  
Brooklyn, NY, 11217  
<http://denabe25@gmail.com> OR [www.fitnessempowerment.online](http://www.fitnessempowerment.online)

Schedule  
March 12, 2025: 11:00am  
April 16, 2025: 3:30pm

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