

December, 7-21, 2018

## Essentrics<sup>®</sup>

Company: Dancewave Inc

Venue: Dancewave

Location: Brooklyn, NY

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Essentrics<sup>®</sup> 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

[< back](#)

[previous listing](#) • [next listing](#)