March 1 - May 24, 2019

Essentrics

Company: Dancewave
Venue: Dancewave
Location: Brooklyn, NY

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.

Taught by Diane Jacobowitz

$13 Drop In

Register here

Dancewave
45 4th Avenue
Brooklyn, NY, 11217
7185224696

Schedule
March 1, 2019: 9:00am
March 8, 2019: 9:00am
March 15, 2019: 9:00am
March 22, 2019: 9:00am
March 29, 2019: 9:00am
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