

February, 14-28, 2024

## Essentrics for Everybody

Company: Dancewave  
Venue: Dancewave  
Location: Brooklyn, NY

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BeccaVision

Essentrics class is a dynamic full-body workout using breath, flow, and stretching to create greater mobility and strength while rebalancing all 650 of your body! WEDNESDAYS @2 pm @Dancewave except Weds 2/21 @4:30 pm \$18/single class Drop me an email to book your spot : denabe25@gmail.com \*Low income rate is available. Please contact me directly. Class taught by Diane Jacobowitz

Dancewave  
182 4th Avenue  
Brooklyn, NY, 11217  
n/a  
<http://n/a>

Schedule  
February 14, 2024: 2:00pm  
February 21, 2024: 4:30pm  
February 28, 2024: 2:00pm

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