

## FOR AUDIENCES

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April 17 - June 5, 2020

### Essentrics with Diane Jacobowitz

Company: Dancewave  
Venue: Dancewave  
Location: Brooklyn, NY

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Essentrics with Diane Jacobowitz - Dancewave Online Adult Classes

Fridays 9-10AM E.S.T.

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.

This is an even-paced class designed to increase flexibility and mobility, accessible to all movers! Occasional use of a mat, if available.

About Dancewave's Online Weekly Adult Class Program:

Accessible for all bodies, abilities and skill levels, Dancewave's weekly online Adult dance and fitness classes are perfect for everyone from beginners to seasoned dancers looking to stay in shape. Our teaching artists are skilled creatives and choreographers who cultivate a personable, supportive and non-competitive community in class that you can depend on each week. Just \$10/drop-in.

Visit [dancewave.org/adult-classes](http://dancewave.org/adult-classes) to register anytime. #dancemakeswaves

Dancewave  
Online classes - accessible anywhere  
Brooklyn, NY, 11217  
7185224696  
<http://dancewave.org/adult-classes>

Schedule  
April 17, 2020: 9:00am  
April 24, 2020: 9:00am  
May 1, 2020: 9:00am  
May 8, 2020: 9:00am  
May 15, 2020: 9:00am  
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