



new yorkers for dance.

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March 1 - May 24, 2019

## Essentrics

Company: Dancewave

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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

[more](#)[< back](#)[previous listing](#) • [next listing](#)

## ABOUT

[Mission](#)[People](#)[Board and Committees](#)[Junior Committee](#)[Funders](#)[Staff](#)[Volunteers](#)[Contact](#)[Donate](#)

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[Overview](#)[Events](#)[Events](#)[Symposium](#)[Photos](#)[Videos](#)[Research](#)[Funds](#)

Select Language

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[Dance Advancement](#)  
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[Rehearsal Space Subsidy](#)  
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#### [Junior Committee](#)

[About](#)  
[Member Bios](#)  
[JComm Blog](#)  
[Apply](#)

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#### [Values](#)

#### [Partners](#)

#### [Disability, Dance, Artistry](#)

[About](#)  
[Task Force](#)  
[Research](#)  
[Events](#)  
[Fund](#)  
[Artist Residency](#)  
[Network](#)  
[Dance Maker Directory](#)  
[Resources](#)  
[Accessible Spaces](#)

#### [Immigrants, Dance, Arts](#)

[About](#)  
[Task Force](#)  
[Research](#)  
[Events](#)  
[Network](#)  
[Dance Maker Directory](#)  
[Resources](#)

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#### [Field News](#)

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#### [Huffington Post](#)

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#### [Listings](#)

[Auditions](#)  
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[Volunteering](#)  
[Listing & Ad Options](#)  
[Login/Post](#)

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[SpaceFinder](#)

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#### [Community Calendar](#)

#### [Artist Directories](#)

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