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## **Essentrics Exercise**

Date and Time

Weekly on Thursday at 1:30pm until Friday 12/14/2018

Event URL

[Essentrics Exercise](#)

Event Region

Charlottesville Area

Event Type

Class

RSVP Info

434-974-7756

Event Cost

\$25.00

Event Description

Essentrics is a slow and gentle, full body stretch and strengthening workout that focuses on increasing mobility, flexibility and relieving chronic aches, pains and joint stiffness. Reawaken the power of your 650 muscles while slowly building strength in your body. Bring your exercise mat and join us for this fun, flowing workout set to inspiring music. Sign up at the welcome desk or online. Open to all. Cost is \$25.00 for members and \$35.00 for guests