



barre POSE  
mind | body | fusion | training studio

barreFIT

NEW CLIENT CLASS PACK

3 classes for \$35

MONDAY | WEDNESDAY | FRIDAY 9:45 AM



Sign up through MINDBODY @ [barreposestudio.com](mailto:barreposestudio.com)

WHY

# barreFIT?



## BARRE AND PILATES IMPROVE

- body control, awareness, strength, endurance, balance
- strengthening of the “core stability” muscles (deep abdominals/pelvic floor)
- body posture, movement, function
- bone density
- cardiovascular fitness and endurance

## BARREFIT

BarreFIT is a high energy, 55 minute intelligent exercise workout that integrates interval training with muscle-shaping isometrics to quickly and safely reshape your entire body. Our non-impact workout uses both the ballet barre and Pilates mat work to help you create a longer, leaner, and more graceful body, as well as give you more energy. Two main principles of the class are proper form and alignment. Focusing on these elements will aid in developing proper posture and a well-toned body. The result is the recognizable Barre body, long and strong. This class is open to all levels and requires no prior experience. Our classes are influenced by the Stott Pilates Method. We welcome all pre-postnatal clients, peri-postmenopausal, and beginner or advanced clients.