



Pilates **BARRE**

This Class is a Mix of:
PILATES ● YOGA ● DANCE
FUNCTIONAL TRAINING

And the moves are choreographed to motivating music!



In each *energizing* and *targeted workout*, you'll use the Barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

Micro Movements, Strength Building using Barre as a Prop.

WEDNESDAYS AT 11 AM