Barre

Friday / 12:00 pm

Member
$2 per class

Non-Member
$4 per class

In just 55 minutes our Barre class will have you feeling great! By utilizing the ballet barre to perform small isometric movements, the Barre total body workout lifts your seat, tones your thighs, abs, and arms, and burns fat in record-breaking time. All classes are the same level as the technique was designed to work for people at all levels of fitness. That way, you can choose the class that suits your schedule, rather than being forced to work out at a specific time based on the level of class.

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