

BARRE-Fit

Grace, strength & the Ultimate Leg-Burn

BARRE is a **fun, high-energy workout** that combines **ballet-inspired moves, Pilates precision, and strength training** to sculpt and tone your entire body. Using a **ballet barre (or a sturdy chair!), light weights, and bodyweight exercises**, this class will have your muscles **shaking (in a good way!)** as you pulse, tuck, and lift your way to a stronger you. Expect small, controlled movements that deliver **big results**—all to an upbeat playlist that keeps you moving!

What can I achieve?

Sculpted, Lean Muscles – Long, toned legs, lifted glutes, and strong arms.

Improved Posture – Stand taller and move with more confidence.

Increased Flexibility – Stretch and lengthen your muscles like a dancer.

Core Strength & Stability – Engage those deep muscles for better balance.

Endurance & Coordination – Build strength without heavy impact.

Who is it for?

BARRE is perfect for **all fitness levels**, whether you're a **ballet newbie** or a **seasoned fitness lover**. If you love **low-impact workouts with high-impact results**, enjoy **feeling graceful while working hard**, or just want to **feel the burn in muscles you didn't know you had**, this class is for you!

Come ready to **shake, sweat, and sculpt**—your legs will thank you (eventually). 😊💧