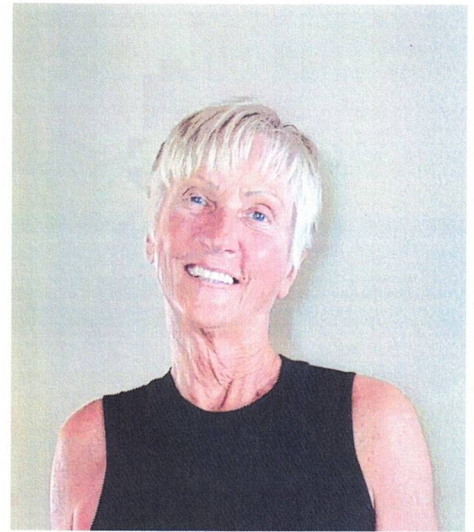


Introducing Nat Gitnes Instructor of Barre

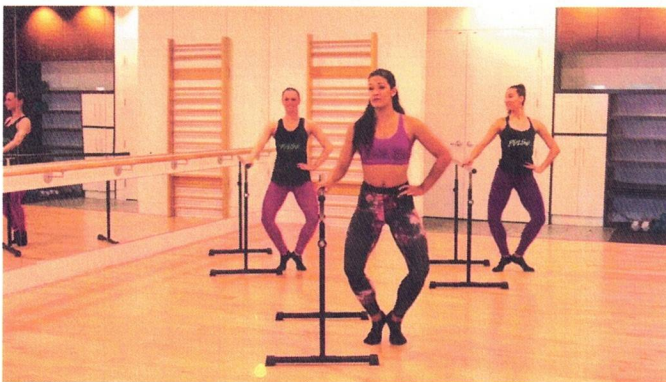


What Is Barre?

Barre workouts focus on improving core strength, developing the stabilizing muscles of the shoulder and hip girdles, and enhancing flexibility. They can also help improve alignment and posture. This is done mostly by performing isometric exercises and small movements that work muscles at a specific joint angle within a given range of motion.

Essentially, these classes focus on strengthening and tightening the hips, glutes, thighs, and core—while improving posture, which can result in greater confidence and the appearance of a longer, leaner physique. They will also incorporate balance exercises that are so often unused by adults.

For Our Classes, we will use CHAIRS rather than an actual barre.



TRY A CLASS: FREE TO MEMBERS & GUESTS

- **Monday, May 16 at 9:00 am**
- **Thursday, May 19 at 5:00 pm**

