

BARRECENTRICS

in “the studio” at sun oaks

Focus on 45 minutes of dance influenced deep stretching on Tuesdays and find your inner ballerina at the Barre in a 90 minute intensive on Thursdays!

Tuesday:

Believe it or not, the stretches are just as important as all of the tucks, pulses and squeezes. And, guess what? Form counts! Stretching is very important for flexibility, range of motion and injury prevention. Incorporating stretching into your daily workouts is a given but including it in your day routine is just as important to health and body functioning as regular exercise. It relaxes your muscles and increases blood flow and nutrients to your cartilage and muscles.

Thursday:

90 minute workout using a series of strengthening exercises targeting your core, arms, legs, and, of course, your butt. Although barre takes some positions and movements from ballet, barre class is totally different from a dance class. Pair that with a solid playlist, an enthusiastic instructor, and you've got a workout that — after you get over the soreness of your first class — becomes incredibly addictive. A few classes later, and you'll be hooked.



Taught by *Bianca*

4 week training begins May 1
Tuesday/Thursday at 5:15pm

\$69 /members
\$99 /non-members