



BARRE BLEND™
A BALLET-INSPIRED
MIX OF PILATES, YOGA
AND FUNCTIONAL
TRAINING.

If you are looking for a focused, effective core workout, Barre Blend™ is absolutely for you! With little to no impact on the joints, this class will work the cardiovascular system through continual movement while strengthening your core and improving posture and balance. Raise the Barre high with a workout that will challenge you, inspire you and leave you feeling strengthened, stretched and invigorated! This class is ideal for all fitness levels.

Finding Your Fit.

Barre Blend™ class

Starting September 10th

Mondays | 530 - 630 pm

Ashwaubenon | 920.430.4756

Ongoing Program | Series Package

Buy More, Save More

8-pack \$110 / 16-pack \$180



Ireta Christensen
Beyond Barre Certified