



Instructors: Whitney Gay & Michelle Brown

May Schedule

Barre 365 is a true cardio ballet workout. Each body-sculpting, fat-burning, endurance-building class incorporates barre exercises to gain muscle control, increase flexibility and create long, lean muscles.

Sessions are 4 weeks:

Choice of 5 sessions:

- | | | |
|-------------------|-----------------------------|------------------------|
| Session A: | Mondays 11:15-12:15 | Dates- May 1-22 |
| Session B: | Tuesdays 8:15-9:15a | Dates- May 2-23 |
| Session C: | Wednesdays 10-11a | Dates- May 3-24 |
| Session D: | Thursdays 8:15-9:15a | Dates- May 4-25 |
| Session E: | Fridays 11a-12 | Dates- May 5-26 |



Members: \$30 per 3-week session.

Non-members: \$36 per 3-week session.

Receive \$10 off total when registering

for more than one session.

(2 or more days per week).

Please note:
Classes with less than
5 participants are
subject to cancelation.

Try it out for **FREE** at a demo class in our
new mind/body studio!

Let the service desk know if you are
interested in trying a demo class.
Limit one free demo class per person please.