

About



These fun filled classes will teach you new skills and keep you highly motivated and in great shape. **@theBarre** fuses Pilates, Fitness Training, Yoga, Ballet and Various Dance forms together in a total barre class. Using the Ballet Barre, Resistance Bands, small balls, weights, Yoga blocks and our brand new gliding discs we integrate the fundamentals of Pilates, a strong core workout, functional low impact gym exercises and dance for a complete all round challenging workout. Our teachers are experts helping you avoid injury as our belief is prevention is better than cure! We call it '*prehabilitation*'! If you already have an injury or disability we will help you strengthen that area of concern.

New teaching trends come onto the market all the time and this timeless way of exercising will bring new vigour to your life, through imaginative workouts. Offering variety in our classes is the key. Each class is structured with its own unique combination of exercises, integrated with the latest trends in music and innovation so members have choices in what barre workouts suite their needs and bodies.

We are committed to assisting and inspiring you along your new fitness journey. Every quarterly we bring brand new music and moves keeping within the same class format so you are always challenged.



Benefits

Program Model:

Includes a fusion of Ballet, Pilates, Yoga and Gym to benefit the entire body and mind

Workout Advantage

Postural alignment, muscle strength, workout safety, coordination, stretch, core stability, balance, stamina, tone, suppleness

Functional Advantage

Concentrating on endurance, spinal length, correct muscle tension and force, each individual persons full range of pain-free motion

Emotional Advantage

Safe mindfulness workouts, Enjoyable atmosphere, suitable music creating an inspiring atmosphere. Personalised and centred de stressor, release of tension physical and mental, encouragement and self- belief

Program Aims

Flawless execution of movements, smooth transitional cues, safety, musicality, the best you as a participant, new challenges outside the box