

BARRE FIT

new

Lift.
Tone.
Shape.

Build strong legs, hips, and core with fluid movement on the barre

Apr 16th-May 21st
Jun 11th-Jul 16th

Mondays @ noon
6 week sessions

\$72 member
\$90 non-member
limit 12, min. 5

Using the ballet barre as a prop, Mel will help you get a great toning, lifting and firming workout for the legs, derriere, and core! Barre Fit is not a ballet class, but a combination of flowing strengthening exercises using the barre. Expect some muscle burn and some, "oh! I didn't know that could get sore!" revelations!

BARRE FIT benefits:

- correct posture
- minimize muscle imbalances
- lengthen the limbs
- open the hips
- tighter tush + middle

meet Melissa

As a professional dancer and teacher of ballet for more than 21 years, Mel knows what a booty busting workout you can get from the barre. Mel is a certified Pilates instructor through Glenn Studios/GoodBodies, and longtime veteran to Castle Hill!

CASTLE HILL
FITNESS

