



# **bunz** on the **barre**

pronounced - "bahr"

added session

Now twice a week you can firm and tone the entire leg!

Mondays  
@ noon

Aug 15th - Oct 10th\*  
\*skips Sept 5th

or  
Thursdays  
@ noon

Aug 18th - Oct 6th

8 week session  
1x/wk

**\$96 members**  
**\$120 non-members**

or NOW 2x/wk

limit 12,  
Chakras Studio

try it  
twice/wk

Get your bunz on the barre and get a great toning, lifting and firming workout for the legs, derriere, and core! **Bunz on the Barre is not a ballet class**, but a combination of strengthening exercises using the ballet barre. So bring your two left feet there's no choreography here. Just a totally upLIFTing workout!

## **about** Mel Glouchkova

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. Not only is she good at tightening and firming your body, but she'll make sure you do it with form and body awareness that'll make you say, "oh I didn't know THAT could GET sore!" Need a little reminder of muscle burn? Get your bunz on the barre!