

Bootybarre Class Bio



shake your **booty**
with us at the **barre!**



Join Heather on Tuesdays at 12:15 and 6:30 p.m. for Bootybarre! This mind-body class is a high energy yet low impact fusion format combining ballet, pilates and yoga. The majority of the class utilizes standing segments at the barre along with resistance equipment to lengthen and tone. Flowing barre segments offer great cardio and balance focus. Progressive conditioning segments on the mat shape and lift muscles, strengthen the core and promote flexibility. Barre and Pilates were created to rehabilitate injured dancers and athletes. Whether you are new to fitness or an experienced athlete, you will enjoy this fun dance fitness party! Be sure to bring water and your mat and join us for this great total body workout!