

ATTEND THE BARRE OPEN HOUSE

Monday, March 18 • 11:15 a.m. - 12:00 p.m.



BARRE - 6 WEEK SERIES

DATES & TIME

- 6 Week Series, April 1 - May 6
- Monday, 11:15 a.m. - 12:00 p.m., Studio 1
- Instructor: Eva Lindahl • Level: Beginner/Intermediate

DETAILS

- Develop strength and flexibility using a combination of postures at the ballet barre
- Tone your body with small, controlled movements and isometric holds combined with high repetitions
- Emphasis is on form, alignment and core engagement
- Weights, resistance bands and other equipment used to enhance the barre workout

FOR MORE INFORMATION

Contact Samantha Kelly
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SIGN UP AT FRONT DESK

Free for members / Limited space
Registration is for full series