



# BARRE - 6 WEEK SERIES

## DATES & TIME

- 6 Week Series: June 17 - August 2 (No classes week of July 4th)
- Monday & Wednesday, 11:15 a.m. - 12:00 p.m., Studio 1
- Instructor: Eva & Shannon
- Level: Beginner/Intermediate
- Cost: \$15 one day per week / \$20 two days per week

## DETAILS

- Develop strength and flexibility using a combination of postures at the 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

Limited Space  
Registration Deadline June 13