

Absolute Barre by World Gym



At World Gym Lexington

What is Absolute Barre?

Absolute Barre is a barre-based total body workout that combines core elements of pilates, isometric strengthening, ballet, and yoga while using the ballet barre for support. We emphasize proper alignment with movements stemming from the core. This program is designed to give you beautiful, sculpted, lean muscles.



FIRST CLASS IS FREE! **MARCH 2016 Class Schedule:**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:00am		8:00am		
9:15am	9:15am	9:15am		9:15am	9:15am	
12:30pm <i>Yoga at the Barre</i>		12:30pm <i>Yoga at the Barre</i>	4:30pm <i>Yoga at the Barre</i>	12:30pm <i>Yoga at the Barre</i>		1:00pm
5:30pm		4:30pm				

Class size limited, please see front desk to reserve your spot: 770-487-4273

Cost: \$20 per month unlimited classes, see front desk for details.