

# \*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 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15am <i>Amy</i>	9:15am <i>Heidi</i>	9:15am <i>Katie</i>	8:15am <i>Amy</i>	9:15am <i>Donna</i>	9:15am <i>Amber</i>  <i>No class on March 17th</i>	
	11:30am <i>Amber</i>		12:30pm <i>Amy/Kathy</i>			1:00pm <i>Donna</i>
5:15pm <i>Cheryl</i>	4:30pm <i>Alice</i>	4:30pm <i>Heidi</i>	5:30pm <i>Lacey</i>			
	6:30pm <i>Stephanie</i>					

**Cost:** \$20 per month unlimited classes.

For questions contact Absolute Barre Director at

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