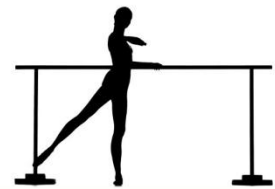


*Absolute Barre by World

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!

DECEMBER 2018 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15am <i>Heidi</i> No Class 25 th		8:15am <i>Amy</i>			
9:15am <i>Amy</i> No class 24 th and 31st		9:15am <i>Katie</i> 26 th - Amber		9:15am <i>Donna</i>	9:15am <i>Amber</i>	
	11:30am <i>Alice</i> No Class 25 th	JAN 1st 10:45am <i>Amy</i>				1:00pm <i>Donna</i>
	4:30pm <i>Cheryl</i> No class 25 th	4:30pm <i>Heidi</i> No class 26 th				
	6:00pm <i>Stephene</i> No class 25 th		6:00pm <i>Stephene</i>			
Cost: \$20 per month unlimited classes.						
Questions? amym@worldgymfayette.com						

