

***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 TIME IS FREE!

FEBRUARY 2020 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15am <i>Heidi D</i>		8:15am <i>Edsa R</i>			
9:15am <i>Alice H</i>		9:15am <i>Katie A</i>		9:15am <i>Donna N</i>	9:15am <i>Alt. Instructors Amy M & Stephanie M</i>	
	11:30am <i>Alice H</i>					1:00pm <i>Donna N</i>
	6:00pm <i>Stephene C</i>		6:00pm <i>Stephene C</i>			
		<u>Cost:</u> \$20 per month unlimited classes.				
		<i>Questions? melindap@worldgymfayette.com</i>				