

August, 5-29, 2020

## Barre Fit with Mar

Company: Studio in the Heights  
Venue: Streaming via Zoom  
Location: New York, NY

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Looking for a live streaming workout where less is more, all while helping you build a strong core?

Barre Fit is a low impact class that focuses on improving balance, coordination, posture, strength, and length so that you see results fast.

By blending Yoga, Pilates, and Ballet in a very creative yet challenging way, we will lift, tone, pulse, and squeeze, using bodyweight exercises with props or modifications as you please.

\*\*\*Current Promotion: First-time clients receive 1 week of unlimited classes for \$20.

Visit [www.studiointheheights.com](http://www.studiointheheights.com) for more details/to sign-up.

Studio in the Heights  
500 Fort Washington Ave  
New York, NY, 10033  
<http://www.studiointheheights.com>

Schedule  
August 5, 2020: 6:30pm  
August 7, 2020: 5:30pm  
August 8, 2020: 9:45am  
August 12, 2020: 6:30pm  
August 14, 2020: 5:30pm  
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[< back](#)

[previous listing](#) • [next listing](#)