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 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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