

# Teen BARRE



6th-10th Grade

Teens will be led through an invigorating total body workout that focuses on small movements and core strength.

The workouts are low impact yet high intensity.

Barre incorporates elements of Ballet, Pilates, Yoga, and traditional fitness training to deliver this unique workout.

6 Week Session

Mondays 5:30-6:15pm

Beginning April 16th

Cost

Members: \$69

Guests \$89

Drop In: Member \$15 Guest \$20

***The Fastest Most Effective Way to Change Your Body***

SPA23  
FITNESS AND LIFESTYLE

Pure  
massage

BEYOGA  
TRADITIONAL & HOT YOGA

CrossFit  
PEQUANNOCK

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