

# **POWER** Barre

Come empower yourself at **POWER** Barre.

This fitness class is designed to sculpt, shape and tone your muscles through a no impact workout that will increase your heart rate and make you sweat!

## **CLASSES OFFERED**

Mondays 8:30-9:15pm  
Tuesdays 9:45-10:30am  
Wednesdays 10:10-10:40am  
Wednesdays 8:30-9:15pm

## **SINGLE CLASS RATE**

\$10 per class

## **PACKAGES**

10 classes..... \$90  
15 classes..... \$120  
20 classes..... \$140

There is no expiration date on the class packages.

## **FIRST CLASS IS FREE**

Bring a friend to class and their first class is FREE!

If they purchase a single class or a package,  
you will receive one FREE class too!

## **ADDITIONAL INFO**

Dress comfortably in workout attire and socks.

No dance experience necessary.

And bring your smile because you're going to have a great time!

## **CONTACT**

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