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### *A Little Movement Toward Fitness*

By Brigid Morrissey

I asked Nikki Naseef how she would describe the type of workout she offers at her Barre3 business, but after I grunted my way through the hour-long class, I knew the answer to my own question. The penguins from the movie *Madagascar* say it best: “You didn’t see annnything.” Because to a spectator that happens to glance through the window, it wouldn’t look like much. After experiencing the workout firsthand, however, I can say that it’s quite the opposite. Nikki said it better. “It’s a full body workout that combines palates, ballet, and yoga. It’s challenging but there are modifications for all levels or the previously injured.”

Or, even if you’re pregnant. That was the case for Nikki anyway. She and her husband owned a gym in Portland, Oregon, which happens to be the location of the Barre3 headquarters. Nikki had reached a point where working out in her own gym had lost its appeal. Plus, it’s hard to find comfortable, yet challenging exercises when you’re expecting. Barre3 was the answer. And she continued to go even after her daughter was born. After her pregnancy, Nikki struggled to maintain the connection within herself. Barre3 classes were her way to focus on her needs and find balance, which is the meaning behind the 3 in the company name. She left feeling more energized, confident, and happier. But it’s easy to be discouraged by you’re post-pregnancy body. Unless you have an instructor like Kimi. It was a moment in class that Nikki will never forget. She was right in the middle of telling herself, *I could never do that* when Kimi walked up. “She put her hand on my shoulder and said, ‘Wow, you look so strong’ so only I could hear. It empowered me.” After that, Nikki knew she wanted to be a part of it.

Nikki auditioned for a position as an instructor, but didn’t get it. She didn’t let that deter her. Instead, she asked for suggestions on areas to improve and eventually earned her way into the Barre3 family. Around the same time, Nikki took a trip here to Louisville where her mother and sister reside. Then the lightbulb went off. There was nothing like Barre3 in the area at the time. Watching her daughter’s interaction with her family members was enough to convince Nikki to stay. This past January, Barre3 opened on Frankfort Ave.

Nikki’s new business has been successful because she has used her own personal experience to relate to anyone that walks into her class. “It was my first time once too. Our goal is to make every single person in here feel comfortable so you can walk in like you own the place.” I can attest to her philosophy. I was immediately met with warm smiles when I strolled through the door. I was shown around the building (which included an area for childcare—yes, CHILDCARE!), then I was led to the corner of the classroom area where I could find everything I needed for the class. The workout was accompanied by upbeat music and the high intensity of Nikki’s encouragement. Her energy is what made the class so unique and fun, and by the end of that speedy hour, I had worked up a good sweat. “People have the mentality to get on a treadmill to lose weight. It’s best for your body not to do the same thing over and over. My favorite part [about Barre3] is that it never gets easier. The mind and body connection just deepens.”

If you’re looking for a new routine in a zestful environment that values the time you should take for yourself, then you should check out Barre3. Nikki will be there to greet

you at the door, and it won't take long for her to remember your name. "Sure it's a great workout, but that's a perk. [I want the people to know] it's coming from a genuine and authentic place."