## New to The Arena Club This Summer...

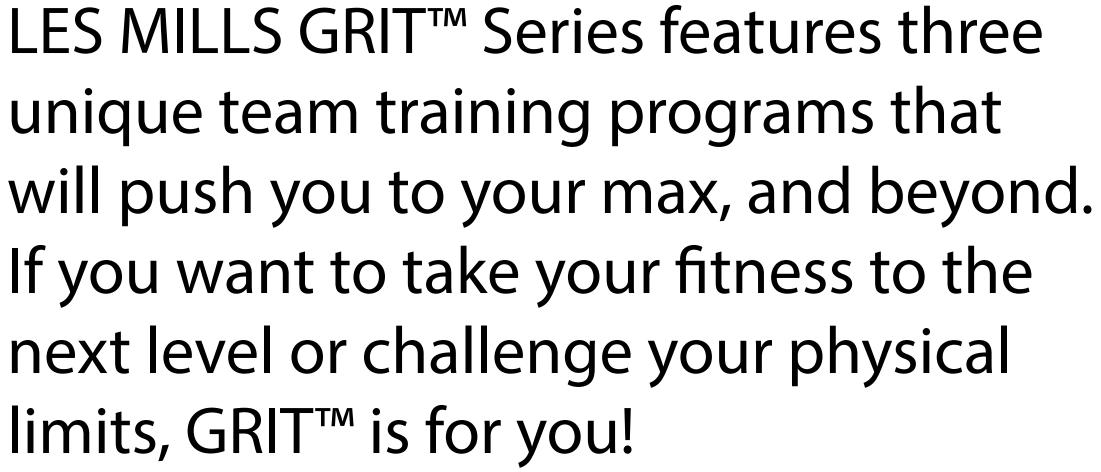
(stay tuned!)

Barre...

Barre workouts combine
Pilates, yoga and ballet moves
to give you beautiful, sculpted, lean
muscles – without the impact and
injuries dancers endure.

Inspired by movements used by professional dancers, Barre will help create a long, lean body. No dance experience required.





- Three unique programs that offer fitness results, fast
- 30 minutes of intense challenge to set training routines
- Explosive music that will send energy levels through the roof

