

Barre Fitness

Harbor Bay Club

New Class - Thursday 5:30-6:30 pm with Amber

**NEW
CLASS**



Join Amber for this new weekly class starting January 4th!

Barre is a low-impact total body workout that incorporates elements of ballet, Pilates, and yoga to strengthen, tone and lengthen your muscles. With a focus on proper alignment, we will use small controlled movements and isometric holds to strengthen and change your muscles.

Open to all fitness levels.

Thursdays 5:30-6:30 pm

Mind Body Coordinator Anna Sullivan - anna@harborbayclub.com

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