

BODY BARRE & BODY BLISS



BODY BARRE AND BODY BLISS WITH STEPHANIE WHEAT

SHE HAS TAKEN HER TEACHING EXPERIENCE OF THE PAST 20 YEARS AND COMBINED THE BEST OF ALL "METHODS" TO COME UP WITH BODY BLISS.



Body Barre - Main Studio
Tues - 12 pm & 6:30 pm

Body Bliss - Yoga Studio
Wed - 9 am and 5:45 pm,
Thur - 10 am, Sun - 10 am

One hour of incredibly challenging, Pilates inspired, ballet based, musically motivated movement. Come find a rhythm that will push you to your edge, then bring you back with gentle, yogic stretching. The result: A solid core, chiseled abs, long-lean legs, flexibly defined hamstrings, sculpted arms, open hips and a rounded-lifted tush!

The perfect solution to a more youthful body at any age, Body Bliss/Barre is the ultimate non-competitive, non-comparative, mind-body Method. With 6 new classes offered, you can completely change the way you workout, lose inches and see results in as early as a few weeks.

Come try our 3 minute challenge and see why an hour is enough!

Open to all levels. Modifications for pregnancy and sports injuries. Nonimpact with a focus on posture, flexibility, and a supple and spirited spine.

Body Bliss will help you find smallest muscles, you never knew you had, and work them in the biggest way!



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